

Third Edition.

A Higher Correspondence Course in
SPIRITUALISM,
HYFNOTISM,

PERSONAL MAGNETISM,
MENTAL HEALING

AND MAGNETIC

SPIRITUAL PLANETARY READING,
AND
WHITE AND BLACK ART.

Spiritualism.

Hypnotism

Magnetic
Healing

Spiritual Planetary
Reading

Personal Magnetism.

Mental
Healing.

White and Black Art

DRS. T.H. AND CORNELIA WHITE.

Series A, B, C, D, E, F, G.

Direct From Operators To Student.

DR. THEODORE H. WHITE'S

Higher Courses and Complete System of

OCCULT SCIENCE.

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Spiritualism, Hypnotism, Personal Magnetism,
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WHITE AND BLACK ART

BY

DR. THEODORE H. WHITE,

Professor and Teacher of Spiritualism, Hypnotism, Personal Magnetism,
Mental Healing, Magnetic Healing, Spiritual and Planetary
Readings, and White and Black Art.

Over Twenty Years of Practical Experience.

THIRD EDITION.

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DR. T. H. WHITE,
Professor and Teacher of Occult Science, Considered the Greatest Clairvoyant
and Mediumistic Worker in the World. Twenty
Years of Practical Experience.



DR. CORNELIA WHITE,
Professor and Teacher of Occult Science.
Over Twenty Years of Practical Experience.

FACTS TO BE CONSIDERED.



WE ARE the greatest and most powerful workers in the world; our writings and teachings are strictly original, borrowed from no one, but received direct from the Spirit forces and years of practical experience gathered from all parts of the world.

IMPORTANT EXPLANATION.—These courses, originally, were more than ten times their present size, but by the most painstaking editing, they have been condensed so as to present to the student the greatest amount of practical and secret information in the smallest possible space, as we realize that the average person has not the time to devote to the reading of a voluminous book. We positively know these are the best courses of their kind that have ever been prepared. The high standing of the author cannot be questioned. This is the first time in history that two people of such practical prominence have ever contributed to a work on the higher secrets of Spiritualism, Hypnotism, Personal Magnetism, Mental Healing, Magnetic Healing, Spiritual Planetary Readings, White and Black Art and all the laws of Occult Science. Therefore, we desire to impress upon your mind that this work is direct from the pens of two of the greatest practical workers in Occult Science in the world, and the benefit of their teachings have been demonstrated to over a half million of people throughout the world. It is a grand thing to know that your instructions and teachings are from two of the world's greatest and most powerful mediums, who have had twenty years of practical experience, which means so much to you.

BEAR IN MIND THAT QUALITY, not quantity, determines the precious value of a course of instructions. Ten words from a recognized authority are worth a thousand words from an unknown author.

We have devoted a little over twenty years of our lives to this grand and glorious work, and our only aim is to explain everything clearly and comprehensively, so as to facilitate the judgment of those who read it. We did not select our forms of expression; only one thing occupied our minds—to make ourselves easily understood.

This complete course of instructions consists of seven most powerful branches in one volume, known as Series A, Series B, Series C, Series D, Series E, Series F and Series G. The first course of instructions, Series A (Part 1), is a complete and higher course in Spiritualism and the Development of Mediumship. The second course of instructions, Series B (Part 2), is a higher and complete course in Hypnotism (Willism). The third course of instructions, Series C (Part 3), is a complete and higher course in Personal Magnetism (Selfism). The fourth course of instructions, Series D (Part 4), is a complete and higher course in Mental Healing. The fifth course of instructions, Series E (Part 5), is a complete and higher course in Magnetic Healing. The sixth course of instructions, Series F (Part 6), is a complete and higher course in Spiritual Planetary Readings. Our seventh course of instructions, Series G (Part 7), is a complete, and the highest, course in the world on WHITE and BLACK ART.

New Thought, New Life, New Education,

CREATE GOOD MEN AND WOMEN. Between twenty and twenty-five thousand persons of all classes, numbering among the richest as well as the poorest, the most learned, as well as the unlearned, call upon us every year, and we may safely state that never before were two Clairvoyant Mediums or Teachers of Occult Science so busily engaged as we. Many say: "How can you stand such a constant strain?" We can stand it because it is our calling.

Dear student, advising and assisting has become second nature with us. We also want to reach those who cannot call upon us personally; therefore we have written this work as carefully as possible, and we know it will convey to you such practical knowledge as no other work of its kind can.

THE THIRD EDITION.

THIS WORK CONSISTS OF SEVEN HIGHER AND MOST POWERFUL COURSES IN

Spiritualism, Clairvoyance; Hypnotism, Willism;
Personal Magnetism, Selfism; Mental Healing,
Magnetic Healing, Spiritual Planetary
Readings and

WHITE AND BLACK ART, ETC.,

Which is Now in "THE THIRD EDITION," Having Been
Revised and Enlarged in One Volume, "Seven Parts,"
So as to Present to the Student in a Most Practical
Manner Every Known Phase in Occultism and
the Higher Works of Magical Arts.

Conceded by Advanced Students in Occult Science, Book Publishers,
Binders and Sellers to be by Far the Greatest and Most Complete
Set of Practical Courses of Instruction Ever Published.

PUBLISHED AND SOLD ONLY BY THE AUTHORS,

Drs. T. H. and Cornelia White,
Founders of the Dr. White's College of Science,
Baltimore, Maryland, U. S. A.

The authors of this work positively have no connection or dealings whatever with any College of Science other than the Dr. White's College of Science. Therefore, in order to protect our students, and in justice to ourselves, you are advised to beware of all persons claiming to be associated with this work.

Yours for success,

DRS. T. H. AND CORNELIA WHITE.

DEAR STUDENT OF OCCULT SCIENCE, WE BEG LEAVE TO INFORM YOU OF THE FACT THAT THE HANDSOME ENGRAVINGS IN THIS SET OF COURSES ARE ALSO STRICTLY ORIGINAL, DESIGNED BY THE WRITER, DR. T. H. WHITE, THROUGH THE POWER AND AID OF HIS SPIRIT GUIDES.

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PREPARATORY WORK.

As we have promised to teach you all the higher secrets and powers of Spiritualism, Hypnotism, Personal Magnetism, Mental Healing, Magnetic Healing, Spiritual Planetary Readings and White and Black Arts, etc., we feel it only our duty in the beginning to impress upon your minds the evils of these wonderful powers when they are applied in an evil way. We desire and request that our students will look upon this work and use its laws and teachings for the good of mankind and the glory of God. Ever remember that God is the ruler and Holy King of all things.

YOU SHOULD AT ALL TIMES deal only with the higher and good spirits, especially when developing your powers. Our object for thus advising you is simply this: We know there will be times when you will encounter the lower and earth-bound forces, which will endeavor to lead you from the right path into all manner of darkness, and cause you to do many things you should guard against.

We realize what a wonderful amount of good you can do after receiving proper instruction from us; it is therefore necessary for our students to study carefully the full courses of instructions in order to be the master of both good and evil powers, as we find it necessary many times to deal with the lower forces in order to draw in sympathy with the higher spirits, which enable us to accomplish good and great work; but we must at all times be the masters, which will prevent the dark spirits from leading us from the right path of our duties.

THE POWER OF THE STUDENT'S PRAYER.—When you find that the evil forces are leading you from the God-like principles, kindly read the Student's Prayer, with all faith in God, and you will find the good heavenly forces will soon guide you into the road of everlasting happiness.

THE ADVANTAGES OF THE SEVEN GREAT BRANCHES.—In order to be a good Clairvoyant Medium it is absolutely necessary for you to possess the power of Hypnotism, and in order to be a powerful Hypnotist, you should possess the secret power of Personal Magnetism, as well as the entire seven branches, for this reason: When a person calls to consult you, the first course to pursue is to use your personal magnetic forces, which will attract them to you, and at once cause them to place confidence in what you tell them.

If you find it hard to enter upon the exact subject they came for, use your hypnotic force, which will cause you to have greater control during the sitting; also enable you to be drawn in sympathy with their spirit friends, who will tell you what they came to you for. We find that all forces work wonderfully strong together, and one assists the other.

After the student successfully masters the first part, Series A, the others will be practically easy. That is to say, if our instructions are carefully followed.



DR. T. H. WHITE
As He is Today.



DR. CORNELIA WHITE
As She is Today.

THE FOUNDATION OF OUR WORK.

Upon This Mighty Foundation We Have Built Our Wonderful
College of Science.

OUR STUDENT'S PRAYER.

To the Faithful and Discreet Student of Wisdom,

Greeting:—

Take our instructions; in all things ask counsel of God, and he will give it; offer up the following prayer daily for the illumination of thy understanding. Depend for all things on God, the first cause, with whom, by whom, and in whom, are all things. See thy first care be to know thyself, and then in humility direct thy prayer as follows:

A PRAYER TO GOD. Almighty and most merciful God, we, Thy servants, approach with fear and trembling before Thee, and in all humility do most heartily beseech Thee to pardon our manifold and blind transgressions, by us committed at any time; and grant, O Most Merciful Father, for His sake who died upon the cross, that our minds may be enlightened with the divine radiance of Thy holy wisdom; for seeing, O Lord of might and power, majesty and dominion, that, by reason of our gross and material bodies, we are scarce apt to receive those spiritual instructions that we so earnestly and heartily desire. Open, O Blessed Spirit, the spiritual eye of our soul, that we may be released from this darkness overspreading us by the delusions of the outward senses, and may perceive and understand those things which are spiritual. We pray Thee, O Lord, above all, to strengthen our souls and bodies against our spiritual enemies, by the blood and righteousness of our Blessed Redeemer, Thy Son Jesus Christ; and through Him, and in His name, we beseech Thee to illuminate the faculties of our souls, so that we may clearly and comprehensively hear with our ears and understand with our hearts; and remove far from us all hypocrisy, deceitful dealing, profaneness, inconstancy and levity, so that we may, in word and act, become Thy faithful servants, and stand firm and unshaken against all the attacks of our bodily enemies, and likewise be proof against all illusions of evil spirits, with whom we desire no communication or interest, but that we may be instructed in the knowledge of things natural and celestial; and as it pleased Thee to bestow on Solomon all wisdom, both human and divine, in the desire of which knowledge he did so please Thy Divine Majesty that in a dream of one night Thou didst inspire him with all wisdom and knowledge, which he did wisely prefer before the riches of this life, so may our desire and prayer be graciously accepted by Thee, so that by a firm dependence on Thy word we may not be led away by the vain and ridiculous pursuits of worldly pleasures and delights, they not being durable nor of any account to our immortal happiness. Grant us, Lord, power and strength of intellect to carry on this work, for the honor and glory of Thy holy name, and to the comfort of our neighbor, and without design of hurt or detriment to any we may proceed in our labors, through Jesus Christ, our Redeemer, Amen.



SPIRITUALISM.

SPIRITUALISM,

Clairvoyance.

SERIES A.

PART 1.

WHETHER SPIRITUALISM is a succession of notions impressed upon the mind by the Deity, or the mere edict of the mind itself, is of little importance, so long as we are positive that Spiritualism is a truth. That Spiritualism is a truth is acknowledged by everyone of intelligence living to-day who has taken the pains to study the subject. All of our most learned men and women of to-day are firm believers in Spiritualism, and all the brilliant minds of ages passed have been firm believers in the faith. Spiritualism is the very essence of God's law. It is the true religion, because it is the quality which respects the spirit or affection of the heart. It is the intellectual being—the soul—refined from all external things.

Spiritualism enables us to clearly see through the past, present and future, because it is the transcript of the divine nature, and extends its authority to the acts of the soul of man. There is no nobler or more refined influence in this world than Spiritualism.

What happiness possesses the person who is able to commune with the departed friends and loved ones! What a wealth of blessings can be derived from being able to see into the wonderful future, and thus direct the events of our life, that we may possess the great benefits! How much danger and trouble can be averted! Our courses of instructions in Spiritualism is so perfectly arranged, and so simply written, that we positively guarantee to teach you to be a true Spiritualist. We will develop your mediumistic powers so you will be able to read the full life of any person, from infancy to old age.

Our courses will make you a perfect medium, and this is worth a fortune to you. You will have the power to guide and direct the events of your life at pleasure, and nothing can escape the intelligent action of your spiritual power. You will be master over past, present and future. You will be able to discover friend from foe. You will be able to read every known secret of a person's life. We have hundreds of students, numbering among them many of our most prominent ladies and gentlemen, who have taken up this wonderful power simply for their own individual pleasure. It will be well worth your while to study every lesson carefully, as they will prove to be of untold value to you. We positively guarantee absolute success to all, provided they study and carry out our instructions accordingly.

THE SPIRIT GUIDE.

LESSON I.

SPECIAL ATTENTION must be given to these important lines. We beg to call your attention to the fact that here is a certain spirit, which will guide you and rule the certain planet under which you were born, so it is absolutely necessary for each and every student to have their own special number and their own special spirit guide to help develop and work with them. Now, as this course is numbered, all courses will have their own individual numbers, and each and every student will have a special course prepared for them, as this course is prepared for you.

RIGHT HERE we feel it necessary to tell you that at all times you must work under one spirit guide, and depend upon that one special spirit to help develop you through the instructions that we so plainly give you here.

YOU WILL REMEMBER that we are not teaching you these wonderful higher secrets for evil purposes, but for an everlasting good. We say this because we know full well you will have hundreds of people calling to see you, and they will offer you large sums of money to do all kinds of work for them; but we trust you will only perform such duties as will be to your own honor. We are going to teach you in these courses both good and evil, but we do not want you to feel, because you possess these great secrets, that you should go on doing all manner of evil when there is plenty of room for you to do good, and to help those who are less fortunate.

WE WANT YOU to make plenty of money, and at the same time do all the good you possibly can for others. We want you to be well paid for all you do, for God tells us that every man is worthy of his hire. We would withhold the secrets of the higher Black Art, but we feel it necessary for you to know them in order for you to be the master of all forces; therefore, we are going to teach you every known secret, and, as we have advised you, we will not be responsible in case you yield to temptations. When you find that temptations come upon you read the student's prayer. God will help you to overcome all evil.

Good Thoughts Attract Good Thoughts.

LESSON II.

WORK WITH PURE, TRUE THOUGHTS.—We desire you to start out in this great work with clean thoughts, and after you have become the master of this wonderful science, naturally your higher and pure thoughts will attract the spirits of the higher kingdom to you, and they will be ever ready to serve and honor you. They will at all times guide and obey you, as a faithful servant obeys his master.

Like Attracts Like.

LESSON III.

AS BIRDS OF A FEATHER FLOCK TOGETHER, sheep herd with sheep, as well as all animals of their kind cling to their kind, which is only natural, so do good thoughts attract good thoughts. If we start out looking for darkness we find sorrow and sadness. If we start out with a determination to find light, we are bound to find light, and in finding light we also find wisdom, and all that is good and pure.

We promise you if you will carry out our instructions to the exact point you will soon find that which you seek, and far beyond your expectations.

Every Man Has a Spiritual Gift.

LESSON IV.

DIVERSITY OF SPIRITUAL GIFTS.—First Corinthians, Twelfth Chapter, from the first to the tenth verse: "Now, concerning Spiritual Gifts, brethren, I would not have you ignorant. Ye know that ye were Gentiles, carried away unto these dumb idols, even as ye were led. Wherefore I give you to understand that no man speaking by the Spirit of God calleth Jesus accursed; and that no man can say that Jesus is the Lord, but by the Holy Ghost.

“Now, there are diversities of gifts, but the same spirit; and there are differences of administrations, but the same Lord. And there are diversities of operations, but it is the same God which worketh all in all. But the manifestations of the spirit is given to every man to profit with all. For to one it is given by the spirit the word of wisdom; to another the word of knowledge by the same spirit; to another faith by the same spirit; to another the GIFT OF HEALING by the same spirit; to another the WORKING OF MIRACLES; to another PROPHECY; to another DISCERNING OF SPIRITS; to another divers kinds of tongues; to another the interpretation of tongues. But all these worketh that one and the self-same Spirit, dividing to every man severally as he will.”

Now, according to Biblical writings, it is clearly demonstrated to you that you positively possess these wonderful powers, and all you need is to pay strict attention to our teachings, and we will place you in a way to operate them. Christians, read your Bible and think.

Take Christ at His Word.

LESSON V.

“TAKE CHRIST AT HIS WORD.”—No doubt some will say it is impossible for them to become professors of this grand philosophy; but every man, woman or child can develop any and all of these secret powers. If you just think for a moment, and say to yourself, “I will master it,” place confidence in yourself, all things will soon become plain to you.

REMEMBER WHAT YOU READ.—Christ healed the sick, made the blind to see, and the lame to walk; also foretold the great future, and even raised the so-called dead. Do you not think you can do the same? Many of you will say no, but that is not the correct answer. You must take Christ at His word, and ever believe in Him. When you say you cannot do all these things, which He did, that very moment you doubt and fail to accept His beautiful words as truth, because He tells us in His holy words, “Greater things than these shall ye do.”

Now, is not His divine words sufficient to enable you to grasp the idea that you positively possess all power of these great secrets? And we say to you, all that is needed on your part is to remove all doubt, and the great spirits will begin at once to help you, as we know from experience, our departed loved ones are ever anxious to have us commune with them, as it also gives them greater power to return to earth life as well as to progress to the higher spiritual spheres.

The Inner Voice.

LESSON VI.

WOULD YOU, OH, MY BROTHER OR SISTER! Seek Wisdom, Health and Joy? Know, then, there is but one sure pathway to this attainment; it is the path which has been followed by Mystics, Adapts, Seers, Poets, Prophets and Holy Men of all ages and climes.

TO EXPLAIN THE WORD MYSTIC, we will say it is one who seeks to know, and to come into union with that one great principle which sustains and guides the Universe.

THIS PRINCIPAL is called by various names among the men of the earth. To the holy men it is known as God; to the Atheist, it is simply nature; but the name matters little, as we all live and have one being in this great principal, and are more or less conscious of it, whatever our belief may be.

THE MYSTIC SEEKS WITH REVERENCE, and a strong, steady desire to become so at one with God and Nature that his personal life becomes completely responsive to the Universal Life, and his personal will simply an instrument of the All.

LESSON VII.

NOW, WE WILL TELL YOU HOW THIS CAN BE ACCOMPLISHED.—The first necessity is the desire and strong love for truth. Aren't you willing to step out of the past beliefs and habits? Are you not tired seeking in the outer world for peace, and happiness, and health? Would you not rather grasp the reality instead of the shadows? Do you not daily crave satisfaction instead of the emptiness of the objective life? If so, then you are already upon the first step of the path that leads to the attainment of your desires.

JESUS, THE CHRIST, THE GREATEST OF MYSTICS, said: "Seek, and ye shall find; knock, and it shall be opened unto you."

Entering Into the Silence.

LESSON VIII.

GO ALONE, DEAR STUDENT, for a period of time each day. Let your mind be tranquil and lifted up; let go of all thoughts of the objective life (outwardly), so far as possible, relax your entire body, and simply rest into the silence which enfoldeth you. Cultivate this silence. Listen for the voice from the centre of thy being speak to you. Remember this voice is from the silence; it is soundless, yet its words are true. It is the voice of your soul, and if you will follow it you will be guided into the vibrations of wisdom and truth, and attain peace, power, health and joy.

The Inner Voice Proceeds From Thy Real Life.

LESSON IX.

THIS INNER VOICE proceeds from your real self, and it will direct your every act aright, if you will listen to it faithfully, and follow it trustingly. It is the voice of the spirit speaking to flesh.

AT FIRST you may not get the message clearly, and your outer mind may not be still enough to interpret the words, but if you will have faith and patience all will come well in time.

AT THE CENTER OF THY BEING dwells the light which gives you wisdom and understanding.

BE NOT DECEIVED in thinking that your body is your real self. Be not misled by your feelings; the light shines steadily, regardless of your feelings, and if you will remember this in time of trouble, peace will be yours.

YOU ARE AN ETERNAL SOUL CLOTHED IN FLESH. You are a part of one life, and your destiny is to come into a knowledge of this oneness, and abide in joy.

BY SEEKING the guidance of thy real self, you will become open to an omnipotent life, love and wisdom, and your desire will be in process of realization.

LESSON X.

YOUR MORTAL MIND AND WILL must become merged in your real self, and obedient to the voice of the soul.

• Your whole outer being will then vibrate in sweet harmony with the center.

You will become as a little child. You will then live in the present, and will be full of faith in the future.

REMEMBER, you must not strain nor strive mentally when you go into silence. Sit passively and let your mind be still; be patient.

You may listen some time before the inner voice is heard. Obey the slightest impulse from within. Breathe regularly and deeply.

Your unfoldment may, perhaps, be slow at first, no doubt, but keep your faith serene. Remember that your real life is ever present, is ever calm, serene, strong, loving and unafraid; avoid envy, anger, contention, and all extreme emotions. Let the will of the Father be done within you.

LESSON XI.

KEEP YOUR THOUGHTS PURE. DO NOT NEGLECT YOUR WORK UPON THE OUTER PLANE. PUT YOURSELF INTO YOUR WORK, WHATEVER IT MAY BE. YOU CANNOT LIVE UPON ONE PLANE ALONE. THE OUTER AND INNER MUST BALANCE EACH OTHER.

That which you receive in silence must be carried into the action expressed on the other plane of life.

CULTIVATE UNSELFISHNESS. Help others, and the light within you will shine out more clearly. You are a SUN of GOD, and your function is to SHINE, too. Radiant love, kindness, gentleness, helpfulness to all about you.

FORGIVE all who may seem to be your enemies. Know, too, that they are a part of the whole. Thus you will come into the vibrations of harmony, where no enemies will appear. Cast out of your mind forever all forms of fear.

You are one with all life, love, wisdom, power, and only your own mental mind can bring you harm. Have everlasting faith in your real self, and all good shall come to you.

Mind Exercise.

LESSON XII.

THE HINDOOS have a breathing exercise which we have practiced ourselves for years, and we will add it here, which we know will aid you in your unfoldment; but we request you to practice it with great care, but not excessively.

Close your left nostril by pressing your finger upon it, and inhale deeply. Let your mind go down your spinal column with your breath, until the very lowest point is reached. Exhale slowly and steadily through the right nostril, holding the left one closed.

This exercise will help awaken the radiant light of the center of your being. This we know will calm your nerves and drive away your fears.

A FEW WORDS OF IMPORTANCE in regards to the preceding instructions. Before you enter upon the subjects and instructions of the spiritualistic development which we have so plainly prepared for you, we want you to read carefully every word we have written, even though it may seem tiresome to you; yet it all has a deep meaning, and will wonderfully help you in preparing yourself for the mediumistic development.

Various Kinds of Mediumship.

LESSON XIII.

TO BE A TRUE SPIRITUALIST MEDIUM.—What does it mean to be a true spiritualist medium? It is a power which enables you to commune with the so-called dead (your departed friends and loved ones). It is a power which recalls to you the characters and lives of men and women, their abilities and talents, their virtues and vices, their strength and their weakness, and enables you to read the minds and innermost secrets of those around you. It is a power which gives you a grasp upon everyone you meet. It enables you to locate and discover all secrets. It is a power which imparts to you all wisdom, both human and divine.

THIS SYSTEM IS KNOWN AS Dr. White's Higher Correspondence System of Secret Occult Science, written, published and sold only by Drs. T. H. and Cornelia White, direct from their College of Science. Every page fully covered and protected by the copyright laws of the United States Government, Washington, D. C.

As previously stated, they are practical workers and teachers, possessing a power that has never been equalled by any man or woman in this line of Science; therefore, you can say after you have mastered this massive system of seven higher branches, that your teaching came direct from two of the greatest Clairvoyant Mediums and Professors of Occult Science the world has ever known.

AS WE ARE NOW about to enter directly upon the higher instructions, allow us to inform you of the various kinds of mediumship.

The spirits make themselves known in the most varied manner. Among the varieties of manifestations are five principal kinds, with which the abundance of apparitions are not exhausted. These five kinds are: (1) Physical Effects; (2) Writing Direct or Indirect; (3) Speaking Languages; (4) Materializations, that are visible, appearing in human form; (5) Healing.

NOW, THERE ARE MEDIUMS for these manifestations. They are classified as follows: Mediums for physical effects, writing mediums, speaking mediums, materialization mediums, healing mediums (mental and magnetic). While writing this lesson it affords me much pleasure to refer you to the Holy Bible, First Corinthians, Twelfth Chapter, which is also clearly explained in Lesson IV.

Testing for the True Phase of Mediumship.

FIRST SITTING.

LESSON XIV.

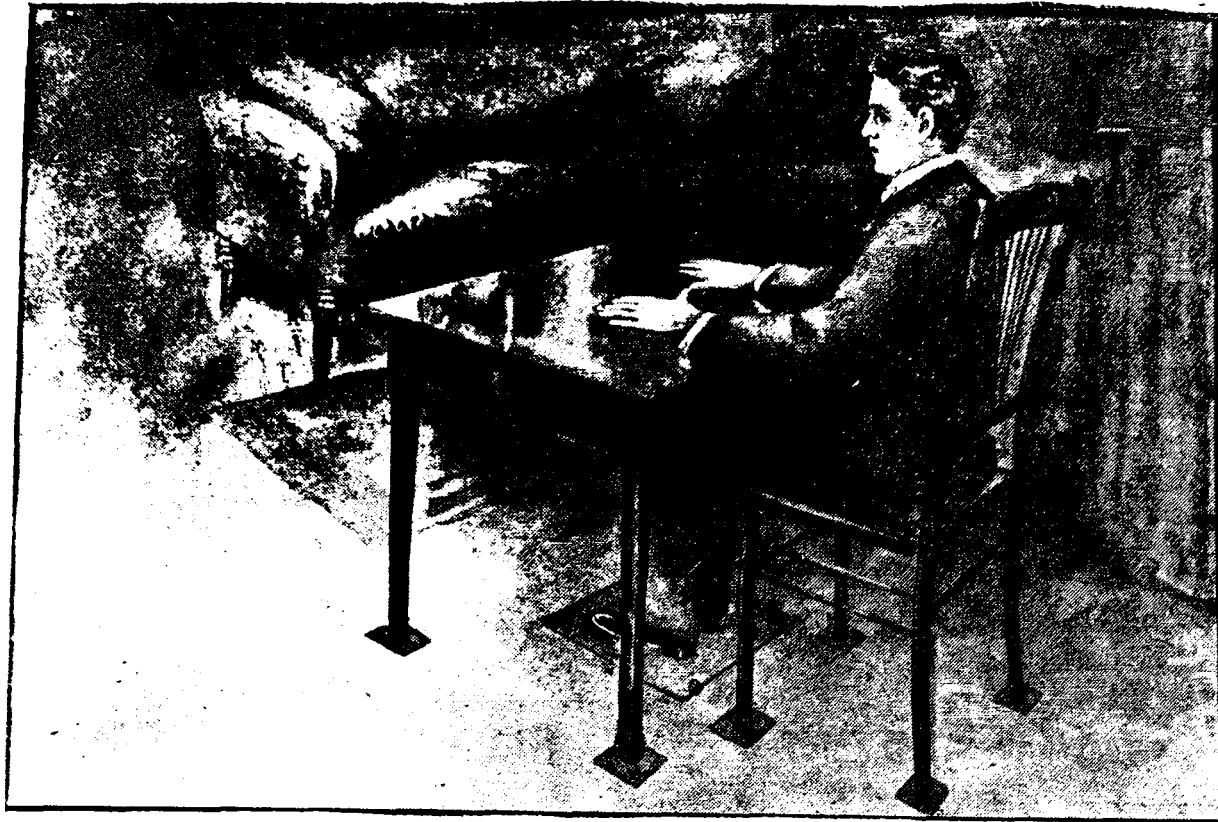
THE FOLLOWING INSTRUCTIONS will enable you to know your true phase of mediumship, or the form of power you will develop quickest and best. It is a known fact that there are people who possess the greatest amount of mediumistic power, and yet they have no knowledge of it whatever. Some develop their power much quicker than others, due to the fact that they were born with certain phases inherited from their ancestors. There are persons who can predict future events with the most astonishing accuracy, and at the same time know nothing of Clairvoyance, or any other phase of mediumship. Some are known to remove the greatest pain by simply placing their hands upon a suffering person, and yet have no practical knowledge of healing.

For this very reason we give the following instructions, for the purpose of a beginner ascertaining what phase can be developed strongest, quickest and best.

Remember, every person born possesses a spiritual gift, and can develop it by our method of procedure, which is the only correct way. Not only one phase can be fully developed, but every known power in Occult Science can be fully mastered and practiced to the entire satisfaction of the student.

LESSON XV.

THE BEGINNING.—Get a three or four-legged table, of suitable size, preferably as described in illustration, made of oak, walnut, pine or any other ordinary wood material. Then get a piece of rubber large enough to make eight plates about the size of a silver dollar. These rubber plates are to be glued to the lower end of either leg of the table and chair.



Showing Student Sitting Alone at Table for Development.

Also get a piece of rubber twelve inches square, which is to be used as a foot-pad. Place it on the floor between the legs of the table and chair, so that your feet may rest comfortably upon it whilst sitting. This is known as insulation, and has proved to be most valuable to all students, especially when first entering into the laws of development.

Our object for requesting you to use the rubber is, we find it enables the student to gain power more rapidly, and at the same time prevents them from losing any spiritual or material magnetism. After you have arranged your table, chair and insulation, according to directions, be sure to allow no one in the room whom you think will disturb you. In case you should allow others into your room during your development, it is very important that those present should concentrate their minds upon the matter in question, and avoid all foolish topics. Allow no one to enter the room who will not sit seriously and respectfully. If you use these laws in a frivolous way, by asking ridiculous questions, and laughing over it, you will not obtain the desired results.

Our spirit friends work in very mysterious ways, and many of them are very sensitive, the same as those in earth life, and unless you are sincere in your development, you will not obtain that which you seek, but if you will use reasonable patience, judgment and respect they will more than satisfy your fondest expectations.

We positively claim this method to be the best and only true way to come in rapport with the spirit forces; it enables the spirits to clearly understand your temperaments. We further claim that this method will properly and fully develop any person who possesses the least of medium-
-est power, and teach them to be Clairvoyant and Test Mediums.

LESSON XVI.

CABINET FOR BEGINNERS.—In order to further advance your Clairvoyant Power at your first sitting, select a corner in your room (north); there arrange a cabinet. This can be done by simply stretching a wire or a rope across the corner. Get a few yards of any black material, preferably cambric; hang the same over the wire in two separate parts, curtain effect. Fasten either side of the curtains back, so as to allow about twelve inches of space between them. Place a chair in the cabinet; also hang a mirror directly in the center, upon the wall. When sitting at your table be sure to sit facing the mirror. Allow the cabinet to be perfectly dark. This is done to form a background for the spirits to appear, and gives great body. This lesson is only written for the benefit of those who only desire to develop Clairvoyance. Students should always begin their development in dark rooms, as in all cases it enables them to see with greater force. If you hold a newspaper towards the sunshine you will find it quite difficult to read, and the sun causes such a glare that it causes the ink to appear perfectly white, but if you place two sheets of newspaper together you will find that you can hold it directly toward the sun, and at the same time have no trouble in reading whatever; the additional sheet of paper gives a background. When spirits first appear to beginners they are seemingly shadows, and in order to see them plainly it necessitates semi or perfect darkness. Remember, the cabinet in this case acts as a storage house for the magnetic energy, and makes the attainment of the desired results more vivid and certain. The assistance of a few harmonious friends in and around the cabinet while sitting will prove very beneficial, but all inharmonious persons should be excluded whilst engaged in the search and development of spiritual phenomena.

LESSON XVII.

ARRANGEMENT FOR GENERAL DEVELOPMENT.—Arrange the light so as to make the room in semi-darkness. Sit with your face pointing directly north. Place your hands firmly, but lightly, upon the table, as shown in illustration, Lesson XV. Speak out with a low, but positive, voice, just as you would if you were talking to an earth life caller.

ALLOW YOUR FIRST WORDS TO BE AS FOLLOWS: “Good evening, dear spirit friends.” Then wait for a moment. Raise your eyes toward ceiling, then close them tightly and offer the Student’s Spiritual Prayer, which we have arranged for the occasion on page SEVEN. If you find it difficult to commit the prayer to memory you may read it from the book. You will no doubt say, “How can I read it from the book if the room is in darkness?” Quietly walk over to the light, there read the prayer and then quietly walk to your table and be seated.

LESSON XVIII.

CREATING HARMONY.—After repeating the prayer in a low, conjuring voice, sing a suitable hymn. We find from experience that singing at all times creates harmony. By the time you have finished singing the spirits will begin to appear and gather around you. You may not see them at first, but you will be sure to feel their presence. Do not be afraid, because they will know if you are, and that will prevent them from appearing. Speak out to them (just as you would if you were asking someone in earth life a question: “Are there any of my departed friends present here to-night who will kindly aid me in my development? If so, I pray thee, in the name of God the Father, God the Son, and God the Holy Ghost to come nigh unto me, that I may feel thy holy presence, and hear thy sweet voice! I also pray thee, dear spirit, to bestow upon me thy blessings which I so anxiously desire. Remove from mine eyes, O dear spirit, all material obstacles, and grant that I may be enlightened with divine wisdom and knowledge, for the benefit of my fellow man. It is my earnest desire, dear spirit, to develop those things which are purely spiritual, that I may become in oneness with thee and thine.

LESSON XIX.

ASKING SPIRITS QUESTIONS.—When asking the questions, listen for the inner voice to speak (remember, this voice is from the silence). It is soundless. It is the voice of your soul. It is a voice which proceeds from your real self (the spirit acting upon you instrumentally). You will feel a force creeping over you. Your mind, which is the controlling power, will begin to wander, and there will be also sensations similar to electricity passing through your entire body. Your hands will feel heavy, perspire, in many cases, shake and tremble. The table will also begin to knock and shake, and then raise. If not so strong, you will hear slight raps, which will be the spirits trying to manifest their presence, and to answer your questions. Spirits have been known to raise large extension tables two feet from the floor; they have been known to lift persons off their chairs. If you will trust them and be unafraid they will perform many wonderful things for you. But, as already stated, if they find that you are afraid of them they will be very slow to manifest to you.

LESSON XX.

THE SPIRITS GREAT SYSTEM.—If the table raises once, or if you hear a knock upon the table after you have asked a question (mentally or orally), the answer is no. If the table raises three times, or you hear three knocks upon the table, the answer is yes. As in all cases three raps signify yes, one rap no, two raps doubtful. But matters not how often the raps are heard, it always denotes that spirits are around you, and you must at all times welcome them with a kind word (“God bless you”). Remember to thank the spirits for their kindness toward you, and in all cases ask God to help them to progress higher.

You can at all times depend upon this rapping system as facts, unless there chances to be dark and evil spirits around you.

In many instances the lower forces will come and rap in all manner of ways; the lower forces do that in order to mislead you. There are evil and lying spirits on the other side of life, the same as in earth life. But with these evil forces you will soon become acquainted, as we will explain in full further on in your lessons.

LESSON XXI.

PROPER HOURS FOR SITTING.—Allow your sittings to be, if possible, two hours. If convenient, start at 8 p. m. and close at 10 p. m. Never hold your spirit friends longer than two hours. At all times when closing your sittings (seances) bid your spirit callers and friends good night, and kindly request them to call again. Never leave your table without offering a short prayer for their especial benefit. The prayer is as follows: “O Most Heavenly Father, we thank thee for the glorious blessings Thou has bestowed upon us this evening, and we do most humbly beseech Thee to bless the dear spirit friends who have so lovingly attended our meeting. Grant, O Lord, that they will be everlastingly led onward and upward to Thy heavenly kingdom. Help them, O Lord, we pray Thee, for the sake of Thy Son, Our Blessed Redeemer and Holy King of all Spirits; also bless those who are now in darkness, and grant that they may be constantly elevated to the Most High. We ask this in the name of God, the Father, God, the Son, and God, the Holy Ghost. Amen.”

LESSON XXII.

BE KIND TO BOTH GOOD AND EVIL.—Be kind and loving to all evil forces, as one kind word from an earth-life friend wonderfully benefits those on the other side. We beg to tell you there

are evil spirits on the other side who can, if they chose, do you great harm. We advise you to think well and be kind toward them, just the same as you do for the higher forces. Let your motto be, "Good for Evil."

You will find all classes and conditions in spirit life identically as in and upon the earth plane. We want you to know that the spirits, both good and evil, are at all times around you. We want you to consider that every thought you receive is given to you by the spirits, and when you can learn to master this thought you are becoming as one of the force, and will soon be able to read the true life and characters of those in earth life by allowing the spirits to lead and control your mind. You should ask the spirits to guide you aright in all new undertakings, and listen to them with all attention.

LESSON XXIII.

PATIENCE.—Now, dear student, we desire you to be patient; never allow yourself to become discouraged. Do not try to master all in one night, or at one sitting.

Should it be possible that you do not hear or feel the spirit forces upon your first experiment, do not for one moment allow yourself to think the power of development is not for you, as we know full well it will come later on; that is, if you will only do as we have instructed you.

In case you should fail to get anything from your spirit friends the first, second, or even the third attempt, do not become discouraged or abuse them, or allow one doubting thought to pass through your mind, as the spirits understand us better than we understand ourselves. They also know what is best for us. In some cases of development it requires two or three sittings to enable our spirit friends to determine our quality, and what power or phase we are best suited for. You may develop Clairvoyance, Clairaudience, slate writing, or some other valuable phase which does not require spirit rapping at all, though the rapping on the table, as explained, is one of the many ways the spirits have adopted for the purpose of communicating with us, or to make known to us their presence. We insist emphatically upon our instructions being obeyed implicitly, not only in one lesson, but in this entire work, word for word.

LESSON XXIV.

FIRST SITTING IS VERY SIMPLE.—Matters not how great and powerful the forces are during the first evening's experiment, be sure and close after the spirits answer the first questions. Bid them good night, offer your blessings, then place your table and chair in some convenient place. If possible, do not allow any one to handle it for this one particular reason: it is charged with your magnetism, and when others handle it will mix conditions.

Our object for advising you to close your first seance after your first questions have been asked and answered, we realize some students overdo their physical strength, which also weakens the forces. Some students think all should come at once, but such is not the case. We only desire your sitting to be an introduction between yourself and the spirit friends, and, as previously stated, even though the force is slight upon the first attempt, the spirits nevertheless are around you, and will manifest themselves stronger and stronger, as you become more fitted for them to operate upon you.

LESSON XXV.

TRY AT ALL TIMES TO PLACE YOUR MIND upon your development. Even when you are not sitting at the table for spiritual manifestations, very often spirits will make sounds around you, even during the day, when you are performing your daily duties. In case you should hear them knock upon the floor, ceiling, or any object near you, always welcome them as you would the coming of some earth life friend.

Many times you will be in your bed-chamber, or in your library, or, perhaps, in the drawing-room, and you will hear a rap or a knock upon the chair or floor; or you may hear a musical vibration upon the piano. Always welcome it, as it denotes that your spirit friends think well of you, and are constantly following you. Never retire at night without asking God to bless those who have passed to the great beyond. Always offer, and ask these blessings in God's name.

FIRST SITTING---Continued.

LESSON XXVI.

DIFFERENT COLORED LIGHTS AND FORCES.—Should you see different colored lights and forms appear, only welcome them with a kind word. Why we say this, we do not care to have your mind overtaxed at the first sitting. Remember, you must cast from your mind all fear and doubt, for the very moment you begin to doubt, you positively offend the spirits. Let me ask if it offends you when some one constantly doubts you, when you know you are trying to help them. The spirits hear and know every thought you have, for or against them. Doubting thoughts immediately drive good forces from you.

SPECIAL NIGHTS FOR SITTING.

SPECIAL ATTENTION.—If possible, try to make it convenient for your special sittings to take place three nights in the week: Sunday night, Wednesday night and Friday night, from 8 p. m. to 10 p. m., as these nights are also arranged for all students, and we have at this time (that is to say, when this higher course was being written) thirty-seven hundred students throughout the United States and Europe. In fact, we have students in every English-speaking country in the world. We also sit on these nights at our College, and by all students sitting at the same time enables the force to be one perfect chain of power. We are constantly working for and helping our students.

Should you find that you cannot conveniently sit at the appointed time, then select any hour or time which is most convenient for you. It is further understood that we desire you to sit during the day, and at any and all time, whenever opportunities present themselves favorably for you to do so.

SECOND SITTING.

LESSON XXVII.

THE SPIRITS ALWAYS WORK WITH STUDENTS.—Upon the evening of your second sitting place your hands upon the table, as directed in the first sitting. Let your first words be as follows: "Good evening, spirit friends, I am glad to have you all with me again to-night." Offer the student's prayer, and a prayer for the spirits. This will cause hundreds of them to come regularly to you, if only to receive your blessings. We want you to feel toward the spirits, and talk to them just the same as though you were speaking to several of your earth life acquaintances. I say acquaintances, because there are few friends in earth life, especially if they think you are dependent. Spirits are quite different. They are always with students after they first start to develop. On all occasions repeat the spiritual prayers we have arranged for you, and also sing a suitable hymn at the beginning of all sittings. As stated previously, singing at all times creates harmony, and draws the spirits

around you. Music is also a most wonderful charm. All spirits, both good and evil, love music, and, in case you should encounter evil forces during any of your experiments, simply play some sweet hymn, and they will all become submissive to your desires.

LESSON XXVIII.

FEELING THE PRESENCE OF THE FORCE.—After you feel the presence of the force, and realize that they are in sympathy with you, which you will positively know by your good or bad impressions, ask if there is a loved one present who will be your guide. If you hear knocks upon the table, or around the room, listen to them attentively. If the knocks come loud it denotes the spirit is anxious to guide you. Even though you do not hear any sounds or knocks whatever, it matters not; the spirits are there, and will answer your questions within you, which is the inner voice. Many spirits will willingly guide you, and fail to rap for you; they are of a different sphere.

HEARING THE SPIRIT SPEAK.—You will hear the voice within you, yes. Then ask again, “Give me your name.” Then, if the inner voice speaks, instead of rapping, listen attentively. In most all cases the spirit guide will be either mother, father, sister or brothers, or some near relative, who has passed out of this life, as quite naturally, all departed relatives are ever anxious to guide their loved ones who are left upon the earth plane. The longer a spirit has been on the other side the better their conditions are to guide you. It is seldom known for a spirit to guide you who has only been in spirit a short period. Spirits are very weak when first entering into their new home, and in some instances it requires years for them to be fully acquainted with the laws of the spiritual world. It is like a stranger in a strange country.

LESSON XXIX.

GETTING THE SPIRIT’S NAME.—When asking spirits to give you their names always think of those you love best in spirit life, let it be relative or friend. The very moment you feel within you that you have the correct name of your guide, accept it at once. Then you can depend upon them at all times. Say, for instance, you have a mother, father, sister or brother, or an aunt, grandmother or grandfather who has passed away. Try to keep their names in your mind, and when you say to them, “Tell me your name,” the thoughts will at once go to one or the other. The first one that comes to your mind forcibly is the correct one.

Again, you can always depend upon one who thought much of you before they passed away. Always pay strict attention to your dreams when you first start to develop your powers, as spirits will come more to you at that time than later on. Many times they will come to you while you are asleep, and tell you the most startling things. They do this in order to make matters more plain to you. Some people will say that dreams have no significance, but I will say right here that such is a mistake. Dreams do have great meanings, and spirits positively do talk to us while we sleep. Many have even said that dreams are caused from a worried mind, and that we dream of things that we have been thinking of during the day; but how often do we dream of things that take place in the far future, that we never had the slightest thought of during our wakening state. Our spirits positively leave the body many times, and travel in all parts of the world. Many times when we are traveling on trains, boats, etc., we will see a place, and the moment our eyes fall upon it we will say, “Why, I have seen this very place before.” We will think it over, and wonder where we saw it, knowing at the same time that we had never been there in our life before in our wakening state. The mystery is solved by saying our spirits have been to this place while we were asleep, and that causes us to think of the place as we do. I will again say, pay strict attention to your dreams.

LESSON XXX.

SPIRITS TALKING TO SPIRITS.—As stated before, your feelings and your thoughts come from the inner voice, which is spirit talking to spirit. The very moment you grasp this idea, and allow your soul, which is your spirit, to ask and answer questions with your spirit guide, then you are on a sure road to develop the phase known as clairaudience.

WHEN ASKING A QUESTION OF ANY KIND close your eyes; concentrate your mind upon the matter in question, and keep present in your mind the name of your loved ones. Our object for writing this is, we desire you to have one of your relatives, if possible, for one of your guides, as bone of your bone, and flesh of your flesh, is more apt to be true and reliable to you. Especially after a soul has departed this life. Again, I will say, pay the most strict attention to the knocks which you will hear upon the table or around the room, as the spirits often give you names by rapping, which we will explain more fully later on.

LESSON XXXI.

SPIRITUAL TELEGRAPHY.—Spiritual telegraphy is operated by the spirits in many ways; generally done by knocks and raps. The system is often operated by the spirits, identically the same as performed in earth life by two telegraph operators. Many times the spirits can send us a message from different parts of the world by simply thinking of us, and the thought will leave the spirit and travel over the air waves until it reaches us. Many times it will reach us mentally (by us having a thought); then again it will cause sounds to be heard around us; but it is positive, when we have thoughts of persons who have passed away, and they seemingly haunt us. It is due to the fact that the spirit we think of is at the same time thinking of us, thus enabling a message to be sent or received, and at that time, if you will call upon the spirit to do a certain something for you, if agreeable, they will do what you desire of them at once.

LESSON XXXII.

OUR METHOD OF RAISING THE STUDENT QUICKLY.—It is a known fact that some so-called teachers in Spiritualism conduct these little table seances in different places, and hold their pretended students at this point for months and months. They generally have four or five persons sitting at the table, and they never get any higher, but our method, as you will see plainly, raises you above the spiritual rapping and forces the spirit to operate upon your inner man (spirit), thus enabling you to grasp the power of both hearing the spirit talk and seeing them when they appear, which is better known as Clairvoyance and clairaudience.

CLAIRVOYANCE.—The meaning of Clairvoyance is clear-sightedness of the soul (the inner man), a power attributed to persons discerning objects (spiritual and material), which are not present to the outward senses. This can also be fully explained in First Corinthians, Twelfth Chapter (see Bible). Do not think the spirits will show themselves to you as you see earth life friends. While they appear most vivid at times, yet they appear more often as shadows, or in a parabolical manner. To be more plain, I will say that spirits appear to the mind's eye, the inner man. The parabolical work we will speak of later on.

Some folks call this imagination; but we say let them call it what they will, and little need you care, so long as you know that if the spirits are allowed to guide you as directed, they will enable you to read the inmost secrets of your fellow-man; therefore, we say to you, never allow yourself to feel that such wonderful manifestations which you surely will experience through your development can possibly be anything but genuine reality.

LESSON XXXIII.

CLAIRAUDIENCE.—Clairaudience signifies spiritual hearing—a power attributed to persons to hear voices at a distance, this distance being beyond the usual channel, or, in other words, voices not present to the outer senses. It is the voice which proceeds from the centre of thy being as previously explained. It will enable you to commune with your departed loved ones and friends who have passed to the great beyond. It will also enable you to hear spiritual sounds, music, etc. A clairaudient can hear wonderful spiritual music and singing many times when others, who are not blessed with this development, cannot.

Spirits Rapping by the Alphabet.

LESSON XXXIV.

THE FULL UNDERSTANDING.—In order to give you a more explicit understanding of the correct meaning of spiritual rapping, we will say a few more words upon the subject. In case you are sitting at any time, and hear a number of knocks upon the table, it either denotes that there is more than one spirit at the table, or it is a spirit trying to deliver to you a great message.

START AT ONCE TO REPEAT THE ALPHABET in this manner: A. If the table knocks or raises and falls you will know that A is correct. When you call the letter B, perhaps, the table will remain silent. Then you will know that the letter B is not correct, and so on until you have repeated the whole alphabet. For instance, the spirit is giving you a name, and it chances to be Annie Johnson or William Smith, repeat from A to Z slowly, and as the table raises in answer to the letter called out, make note of the letters the spirits knock upon. In that manner they will spell out to you any message or names.

Now, we feel we have been quite explicit in regards to the proper meaning and our method of spiritual communication by raps, knocks, etc., and we also believe we have given you clearly every point of interest sufficiently for you to grasp the idea at once. Should you chance to fail in any of these experiments or instructions try them over, until the spirits have answered you to your entire satisfaction. After practicing this method for a while you will soon be able to do away with it and talk direct to the spirits. **WHENEVER WRITING TO THE COLLEGE FOR INFORMATION, ALWAYS ENCLOSE A TWO CENT STAMP FOR IMMEDIATE REPLY.**

YOU CANNOT FAIL.—If you will follow our instructions you cannot fail. We have never yet had a single student to make a failure and we never expect to have one do so. Everything is so plainly written, and your spirit forces will be so good and kind to you that you are bound to succeed. —**YOU CANNOT FAIL.**

The Spirit Land.

LESSON XXXV.

SOME PEOPLE BELIEVE the spirit land is a place far away; such is not the case. Never allow your mind to be led into such ridiculous ideas as that the spirit land is a place to itself, like the SO-CALLED Heaven or Hell. We wish to say that the spirit land is positively upon this earth and the spirits are around us all the time. They associate with us, they walk with us, and they talk with us. When the spirit is incased in the body it is in the material world, when it is free from the body it is in the spiritual world. When the body dies which is material (flesh) that flesh returns to the material, the spirit returns to the spiritual. The flesh after the death takes place, re-

turns into the earth, even though not buried, the properties of that flesh returns to its own. The spirit returns to the spiritual, but remains upon the earth, free to roam, but even with its freedom, it is entered by a higher force into its own sphere or element, and judged according to the deeds done while in the body. Some spirits remain in a dark sphere for years and years, then again some immediately after death frees it, enters into a most beautiful sphere of everlasting light. If their deeds were that of good, they go with those who are good. If they lived a wicked life then they are forced to go with those who are of that condition. Everything of its kind adhere to its kind.

LESSON XXXVI.

FURTHER EXPLANATION.—To further explain that the spirits are around us at all times, I will say when you ask an earth-life friend a question, you generally ask the question audibly, and you listen for his answer. So it be with the spirit, you will be walking or you will be sitting alone, you will have a thought, the thought will come to you: “Is such and such the case? Is he or she in such a place or city,” and so on. You will have a thousand and one thoughts come to you, but you will always remember that you never had a single thought in your life but what there was an answer to follow within you, speaking yes or no. That voice (thought) within in you speaking in answer to your question, yes or no, is positively spirit talking to spirit. Now dear student we want you to follow these rules and continue on with the sittings at the table, and pay strict attention to all you see, feel or hear.

The Practical Meaning of Spiritual Lights.

LESSON XXXVII.

DIFFERENT COLORED LIGHTS.—We will now endeavor to explain to you the correct meaning of the different colored lights which will appear to you from time to time during and after your development in Clairvoyance.

Should you be sitting at the table, or in the presence of anyone, or should you be holding a private or public entertainment, better known to all Mediums as a spiritual seance, and the different lights appear, the meaning is as follows:

SHOULD THE RED LIGHT APPEAR, it denotes that the spirit of an Indian is with you trying to reveal to you some secret or hidden treasure. If the light changes from a deep red to a light red it denotes that an Indian is your guide. If it appears over a person to whom you are addressing, tell them there is money buried or hidden near where they reside, and the spirit is trying to reveal it to them, or tell them, if you are impressed to do so, there is a secret surrounding them, or some one they are interested in, and this secret will soon be discovered. If the light raises toward the ceiling and falls quickly to the floor, we then advise you to follow the light with the mind's eye, as it will lead you to the place of location, matters not if it is money, or something else of importance. The spirit Indian always makes his first appearance, by showing you a red light.

GREEN LIGHT.—If a green light appears to you while you are alone it denotes that some person is using you with deceit, this will be given to you by your guide for your own individual self. But if the light appears over a person to whom you are addressing tell them that some one is using them with deceit and for them to be careful of false friends, and new acquaintances.

BLUE LIGHT.—The blue light means the presence of a high and fully developed spirit, and only appears when there are great blessings and agreeable surprises coming. The moment you see this light you will feel most happy, and you should always act upon your first impressions after this vision appears.

YELLOW LIGHT.—Should you be sitting with a person and a yellow light appears at their feet, tell them to be careful of a near future illness (Fever). If it appears over their head tell them there is someone in their family who is suffering and there are grave hopes for their recovery.

LESSON XXXVIII.

LAMP LIGHT.—In case you are sitting talking to a person, and you see a lamp appear before you, burning, and it suddenly goes out it denotes that a member of the family will pass away within a year. If the lamp remains burning and the second lamp appears also burning it denotes a marriage in the immediate family. This vision is also used when persons ask you a question pertaining to marriage; for instance, if some one asks you if a marriage will take place, wait for a minute, and if the vision appears according to the explanation of the two lamps you can tell them positively yes.

PURPLE LIGHT.—Signifies the presence of the ethereal forces which is the highest and most powerful spirit of the Heavenly Kingdom and only appears at certain times, but whenever it appears it denotes brightness, elevation, happiness and prosperity, especially for yourself and the one to whom you are addressing. Matters not what you see, every object has a great significance, and your spirit guides will explain much more to you as you grow stronger.

You will find that the purple light will seldom appear when you first start to develop your power, not that the higher spirits do not want to come, but for the reason, you are not, as a rule, strong enough at the beginning to attract spirits of this sphere, as it requires wonderful spiritual magnets; a person when developing is a spiritual magnet for either good or evil forces. A pure mind and a clean body make a good magnet.

LESSON XXXIX.

BLACK CLOUD.—In case you are sitting, giving a person a reading, or if you are at a church, theatre, or matters not where, or upon what occasion, and you should see a Black Cloud appear over a person, it denotes a death is close at hand for the person to whom the cloud appears. If the Cloud should chance to be a light blue it denotes slight trouble surrounding the person to whom it appears, but that person will soon recover from it, and gain victory in the end. If the cloud appears to be a dark grey, it denotes accident. If a light grey it denotes illness of a close member in the family. They will fall sick, but will recover.

Again, we will say, allow yourself to have perfect confidence in these visions, and try to develop along in this line as forms, lights, birds, beasts and flowers will appear to you from time to time, and lead you in the light of many wonderful things. We want you to continue in this manner until you can master these instructions we have so far given you, and as soon as you have learned the first part send us a report of your work, what you have done, and we will take great pleasure in looking into the matters, and advise you regarding the same, if necessary. We promise you that it will be greatly to your advantage to report to us as you develop, for we can do so much toward your rapid development. Always send stamp for an immediate reply. Always allow yourself to firmly believe every thought or impression passing through your mind whilst sitting (for either yourself or some one who has employed you), is the spirit talking to you. Never forget your duty toward the spirits; thank them for all.

Vision of Flowers.

LESSON XI.

THE VISION OF FLOWERS.—When reading for a person, or, if for yourself, and the vision of flowers appear, their meaning is as follows: Fennel Flower, worthy of all praise; White Rose, elegance; Balm, sympathy; Bendal Rose, happy love; Buttercup, ingratitude; Deep Red Carnation, true love; Chrysanthemum, cheerfulness; China Aster, sentiment; Red Clover, industry; Citron, weakness, easily led, also lack of will power; Holly, patience; Ragged Robin, wit; Pineapple, perfect; Pinks, boldness; Narcissus, egotism; Oak Leaves, bravery; Oak Tree, power and hospitality; Lilac, confidence; Violet, faithfulness; Tree of Life, old age; Apple Blossoms (white), deceitful, (pink), affection; Lettuce, cold heartedness; Willow, forsaken; Tree Foil, revengeful; Yellow Lily, deceit and falsehood; Heliotrope, faithful, honest, frankness, determination and generosity.

If strict attention is paid to this wonderful lesson it will enable the Medium to read the full and true disposition of persons by the vision of flowers.

In this lesson we have given you the true spirit language of flowers, taken directly from the spirits as they speak and explain to us while writing.

LESSON XLI.

WHEN READING, do not say to a person, "I see a flower, and it is a rose;" or do not say, "I see a bird," or an object of any kind, as it would sound entirely out of place to those not familiar with the laws of Clairvoyance. Always speak of the meaning. For instance, you are reading the life of a lady or a gentleman, and you should see the Fennel Flower appear; or, you should see also the Yellow Lily, the Willow and the Lilac, speak thusly: "You are worthy of all praise, but at times you feel forsaken; you place too much confidence in those who are only using you with deceit, and also telling falsehoods about you, etc.

No doubt you will think these visions very simple, but we will say even so, they are direct from the spirit guides, and they are showing us these wonderful visions, and explaining to us while we write. Furthermore, this method and system has been successfully practiced by ourselves when reading for persons for twenty years, and we are proud to say there has never been a time when we have been misled by our spirit guides. We have always found them most accurate in every word.

You will have from time to time thousands of visions, and we could speak of many more, but for the want of space we are obliged to omit many of them; but we have given you what we think is most needed for your future development. The spirits will show you many things as you grow stronger, and at the same time they will impress you as to the meaning of what they do show you.

We will be pleased to have you write us at any time, and give us a report of your Clairvoyant development, as we are always willing to further your success. Enclose stamp for immediate reply.

The Vision of Birds, Beasts and Objects.

LESSON XLII.

SPIRITUAL MEANING OF BIRDS, BEASTS, FORMS, ETC.—Should you be sitting, and see a white dove appear at the table, or otherwise, it denotes a good message from afar off. Should the dove seemingly go away, and then appear with one wing black, it denotes a message of illness from a near friend. If the wing is tipped with a white edge, it denotes illness of a near relative. In case the dove dematerializes, and then quickly returns with both wings black, it denotes a death of a near connection.

THE BIRD OF WISDOM.—The Owl is known as the spirit bird of wisdom, and when it appears before you holding in its mouth a letter, the message is as follows: The one to whom you are addressing is involved in business matters, and is seriously contemplating a change. Then tell them they will make a change in business which will prove for the better. If the Owl seemingly opens the letter, then tell the person you are reading for that they are terribly worried, but worry is unnecessary, for they will soon discover new ideas that will relieve them of all trouble. Should the Owl fly around and around the person, that denotes the person in question will soon gain secret wisdom from friends, who will help him out of all troubles and perplexities.

BLACK RAVEN.—When a black raven appears it denotes great suffering and distress. Should it hold in its bill an object, it denotes that provisions are being made for the one who is distressed. The raven is also protection, and when it is seen flying over a person's head it denotes that trouble and worry surrounds the person, and some one will come in due time to protect them from harm.

BALD EAGLE.—Should you see a bald eagle fly towards a person it denotes losses, financially especially, and you should at once tell the person to whom you are addressing to be careful of all financial investments. Remember, when you see these visions, do not say to the person, "I see an eagle," or "I see a raven." Say to them, "I see that you are about to invest in something financially, but I see you should be careful, for there are losses ahead of you," etc.

PEACOCK.—Should you be sitting, or otherwise, and chance to see a peacock appear behind a person, it denotes that person is full of vanity, and if you will only try you can flatter them to such an extent that they will worship you. This is a vision I seldom care to see, for when it appears it generally leads to you discovering many unpleasant things pertaining to the person to whom it appears. They are not only full of vanity, but they are generally deceitful and dishonest; but you can read for them as you are impressed.

LESSON XLIII.

THE VISION OF A RAINBOW.—Should you be sitting with a person, and you see the vision of a rainbow appear over them, read as follows: "My dear friend, I see that you are terribly worried over domestic troubles, but you can cheer up; all troubles will soon vanish, and your heart will be changed from sadness to perfect happiness, and opportunities will soon present themselves favorably for you to gain that which you are now grasping for; go on—all will be well."

A VISION OF A SEA GULL.—When you see a sea gull appear, seemingly in the far distance, it denotes that the person to whom you are addressing has a dear friend across the ocean, and that there is a message of brightness coming to them. This is a most beautiful vision, and to watch the gull you will see that it performs all kind of movements as it comes nearer to the person.

PRISON BARS.—When appearing directly in back of a person it denotes legal confinement. When appearing directly in front of a person, it denotes anticipated crime. When appearing to the left of a person it denotes a male relative will be confined in prison; if to the right, it will be that of a female.

VISION OF FIRE.—This has two distinct meanings. First, anger; second, destruction; but we advise the Medium to speak of this according to impressions, as you will find, as you grow stronger that when fire appears many other visions are bound to follow.

While writing the last paragraph we are advised by our guide to inform you that the vision of fire also denotes buried money, valuable papers, etc., but only in such cases where it appears before you out in the open air (wood, fields or plain). We have often seen the vision of fire when being in

the mining regions. Many times a ball of fire will appear before you, and continue to follow you, so we will advise you to pay strict attention to this, as many times it will lead you to the very spot where money or other valuables are. I have seen a ball of fire appear about the size of an ordinary ball, and lower itself down to the earth, and remain for several minutes. When such occurs it is then positive evidence of valuables being at the exact spot, and not very deep.

LESSON XLIV.

VISION OF SNAKES.—The vision of snakes in all cases and upon all occasions positively denotes evil and meanness of every description. When appearing around yourself beware of all persons for some time to come; that is to say, of those of whom you think are not your friends. When appearing in the lap, around the neck or waist of those you are addressing, do not trust them out of your sight, for they are of evil and will do evil to their best friend. Should the snake appear upon the floor, or seemingly creeping toward the person, tell them to be aware of all enemies and evil-doers, but remember the persons to whom a snake appears are generally of evil character.

But when you are reading, and see a snake appear near the person, do not tell them they are evil, as I do not approve of telling people of their evil; always tell them of the good that they possess, if any, and I advise you to read as follows: "I see there are evil influences around you, and it is advisable for you to change from such as soon as you possibly can, or it will prove greatly to your disadvantage." By reading in this manner it will appeal to them more forcibly, and at the same time be correct.

LESSON XLV.

THE VISION OF AN EYE.—In case a large black eye appears, it denotes that someone is shadowing you, or planning evil against you, and by watching the eye steadily it will enable you to recognize the person, should you chance to meet them at any time. If the eye is a large blue one it is always a friend.

VISION OF A CROSS.—When a cross appears to you, it denotes contention; when it appears over a person it denotes sorrow, worries, troubles and crosses in life. After you have fully developed, you will find that whenever you are to have a trouble, fuss or quarrel with anyone, the cross will always appear before the said troubles come upon you, thus enabling you to guard against the same.

THE VISION OF AN ANCHOR.—To see an anchor appear over a person, read in this manner: "You are about to venture out into the gulf of enterprise. Gain and happiness is before you; go on, dear friend; you will surely land upon the foundation of success."

If an anchor appears before you in two parts, it denotes that which is hoped for will be lost, and you should tell the person that they will be disappointed in whatever they have on their mind, at the time when calling to see you.

THE VISION OF A SWORD denotes that the person is halting between two opinions; they do not know what course to pursue. Then, if you see the sword wave in the air and point north, it denotes success for the person, and they should act upon their first proposition. If the sword appears in two parts it denotes law suit and losses. To get more light upon this subject, kindly request your spirit guide to give you further impressions. Then speak accordingly.

LESSON XLVI.

THE VISION OF AN EAR OF CORN.—Should you be sitting with a person, and you should see an ear of corn appear before them, and the ear is full of well-formed, healthy corn, tell them they will soon meet with wonderful success, and the coming events of their life will be absolutely successful.

It positively signifies full and plenty. In order to ascertain if a person has money, ask your spirit guide the question, and you will see them bring you an ear of full corn. If the ear appears to be scant, tell the person they are surrounded with poverty, and those who are poverty-stricken will continue to meet with the same for some time to come. If two ears of corn appear, it denotes poverty at present, but success will soon follow, and the person will gain greater wealth and happiness.

Again, we will say to you, pay strict attention to all visions that appear before you, even though you may think this very simple; but allow us to tell you right here that spirits do show these things. You might think to yourself, or ask, "Why do the spirits not show or tell us just what all these things mean, without showing so many strange visions?" Well, it is their ways, and we must abide by their laws. If you remember reading when Our Savior Jesus appeared to His disciples, He spoke to them in parables. We might say, "Why did Jesus speak parabolically to His followers?" But we know such was the case with Jesus, and such is the case with our good spirits. I do not think we have any right to question these things, and it is utterly impossible to improve upon the laws of our Savior. The spirits (good ones) follow His glorious doings, and we should do likewise. I will also say, read your Bible, especially the Book of Revelations. You will find it also consists of many strange parables, visions, etc.



Illustration Showing Lady and Gentleman Sitting for Development.

LESSON XLVII.

SECOND SITTING.

WHEN TWO OR MORE PERSONS ARE SITTING together it is a known fact that one may learn and gain much from the other, or others, provided each person is in perfect sympathy.

When only two are sitting together, for the best and quickest results select a congenial partner of the opposite sex. Arrange chairs, table and foot pads, as explained in first sitting. Seat partner directly in front of yourself, and instruct them to put their hands upon the table, with their thumbs

lightly touching; also place your hands in the same manner, so as to allow your fingers to come in contact with theirs. This is done to create a magnetic current, and after your hands have been placed upon the table for a few moments you will realize that your bodies, and the tables as well, have become heavily charged with magnetism gained from your spirit friends and forces.

WHEN THE VISIONS BEGIN TO APPEAR, tell your partner all that you see around him, according to the way we have instructed you. This will be the means of you gaining power from them without their knowledge, also giving you greater courage when you venture out into the field of reading characters, etc.

LESSON XLVIII.

DRAWING POWER FROM OTHERS.—In case you are going to have a private sitting with a friend, and you can possibly get several persons to come into the room, especially those who are honest investigators, it is well to do so; but if you have them sit with you, do not allow them to insulate their chairs or feet. If you do they will have the same advantage as yourself; that is to say, in regards to magnetism. But if they are not insulated, then you can draw from them their own magnetism, which will wonderfully strengthen your magnetic force.

It is also well to have several persons seated around the room, but be sure they are believers in Spiritualism. Then you can practice upon them, as in many cases there are persons who attract wonderfully in spiritual seances, and that will also help you to learn to read. You can tell first one and then the other what you see around them. They will ask you different questions, and naturally you will try to answer them according to your teachings, and the spirits will tell you many wonderful things to tell them. Remember when you are impressed to tell a certain something, don't for one moment hesitate, or think to yourself, "I wonder if this is correct," or "I wonder if I really do see this." You must allow yourself to firmly believe at these seances, all that you see is given you by your spirit guides, and all that you think are thoughts given you by the spirit forces, and in this way you will soon be on the road to absolute success.

Should the forces fail to materialize, as desired, the singing of a suitable hymn, or offering a suitable prayer, will add greatly to the conditions, create harmony, and attracts the more powerful forces to you and those around you.

IN ALL CASES READ THE STUDENT'S PRAYER. THIS IS A SOMETHING NOT TO BE FORGOTTEN. NEVER ALLOW ANYONE TO TOUCH YOUR COURSES, AS THEY ARE YOURS, AND CHARGED WITH YOUR OWN MAGNETISM. WHEN OTHERS HANDLE THEM IT HAS AN ABSOLUTE TENDENCY TO DESTROY PORTIONS OF THE MAGNETIC FORCES. FURTHERMORE, EVERY SET OF COURSES THAT LEAVE OUR COLLEGE OF SCIENCE IS CHARGED WITH SPIRITUAL MAGNETISM.

LESSON XLIX.

SPECIAL ADVICE.—We specially advise you in all cases to request the one you have selected to sit with you, take their own special courses from our College of Science. By so doing it will enable them to study while they are not sitting at the table. Furthermore, they will have the benefit of our constant help and instructions by letter, if they so desire at any time. We find it very advantageous for two students, when sitting together, to possess equal power, as much so as possible. Reading for each other naturally teaches each other. While you are having one vision they will have another, and their impressions to follow what they see, being different from yours, enables either of you to form greater ideas.

CONSTANT PRACTICE.—It is very beneficial for all students to practice upon each other; also to practice upon all persons wherever you go, and keep in your mind that you positively have the power to read for people and tell them, if opportunities present themselves favorably, that you are a Clairvoyant, and can read for them. They will naturally become interested in the same. Even though they pretend to be skeptical they are always anxious to hear what others have to say. There are thousands of persons who pretend to be skeptical, but way down in the depths of their hearts they firmly believe that some people do really possess such powers. Spiritualism is growing greater and greater every day, and the time will come when two-thirds of the world's people will accept Spiritualism as the only ism, and it is to-day the only ism which can explain the immortality of man.

SECOND SITTING--Continued.

LESSON L.

The more you practice the more you will see and hear, and, furthermore, it will start your name out into the world. First one, and then the other, will come to you. You will soon become perfect, and you will be able to charge for your great knowledge accordingly.

THREE PERSONS SITTING.—When the third person is taken into your circle, it is advisable to observe the same instructions as pointed out in the second sitting, when there are three at the table; that is to say, if three persons (students) are going to develop together, all should be insulated, but if you only take a person in with you for the sake of having the third person present, then you can allow them to sit without the insulators. That will enable you to draw all the power they chance to possess from them. But I do not advise the latter, because it is not treating others as you would have them treat you.

These developing sittings are very beneficial for children from twelve years of age and upward. Children, as a rule, possess wonderful power, and if parents would only allow them to practice these wonderful rules they could soon be able to earn thousands of dollars professionally. It is also beneficial for nervous children, for the simple reason the spirits will constantly magnetize their little bodies, and fit them for woman and manhood. Spirits are very loving and kind to children. Many times when little children are off playing to themselves you can hear them talking and laughing with the spirits. The spirits do not appear in ugly forms to them, yet they show them beautiful and most innocent forms, and many laughable things. Spirits delight in appearing to children, even when mere infants.

The Ordinary Method of Producing Clairvoyant Sleep and Its Evil Effects.

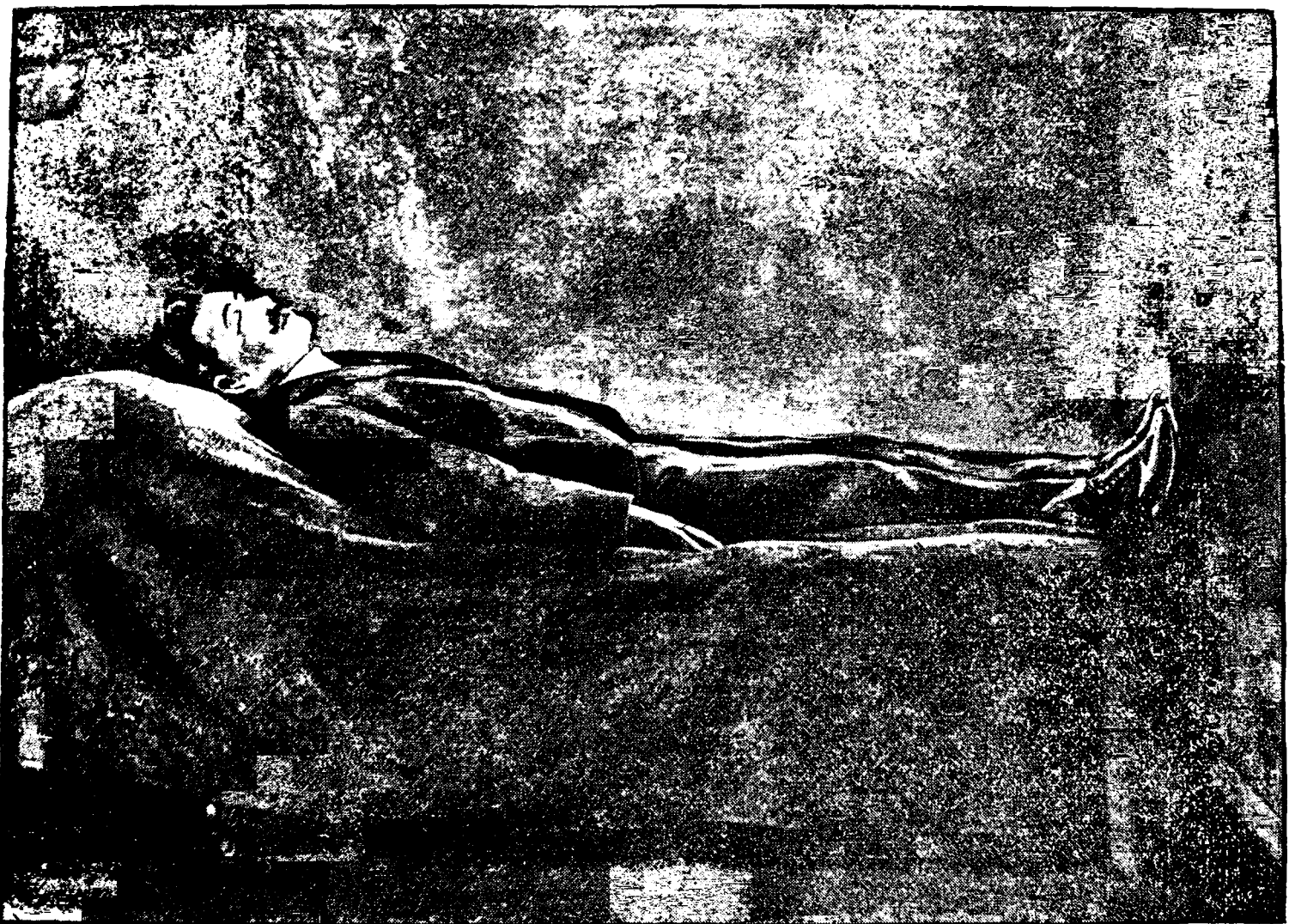
LESSON LI.

THE ORDINARY SPIRITUAL SLEEP.—Many persons possess the faculty of throwing themselves into the ordinary spiritual sleep. It is accomplished in several different ways. Some do so, or have been taught to do so, by the use of staring at bright objects—glass balls, revolving mirrors, etc. But we do not approve of such self-producing sleep, and strictly object to such evil-producing effects, as in most all cases the use of these nonsensical objects positively cause serious eye trouble, and at the same time greatly tires the brain, which is very injurious to persons in every re-

spect. It is well enough to use a mirror when practising the centre gaze, or practising with a cabinet, as we have explained in the foregoing lessons; but the idea of a person staring at an object to cause sleep is simply absurd. Never force yourself to sleep; allow your spirits to place you calmly into a sweet sleep, which can be done in the following lesson. Before we enter into the next important lesson, allow us to impress upon your mind that these experiments, which we have so plainly written for you, are not at their experimental stages with us. Each lesson has been tried, proved and practiced by us for many years. We have taught several thousand persons throughout the United States and Europe, and daily we receive letters from grateful students, claiming our methods the greatest in the world.

IF YOU WILL NOTICE, WE DO NOT TELL YOU WHAT JOHN SMITH, OR SOME OTHER FELLOW DID IN HIS TIME, OR WHAT SOMEONE IS GOING TO DO. BUT WE TELL YOU JUST WHAT TO DO, AND EXACTLY HOW TO DO IT. THESE COURSES ARE THE MOST PERFECT EVER PREPARED.

Our Students are our constant advertisers. Every student who joins our College is sure to get a friend to also join. That is why we are growing so wonderfully rapid.



Showing Student Entering Into Spiritual Sleep.

LESSON III.

SWEET SPIRITUAL SLEEP.—We find in all cases that it is absolutely necessary, and exceptionally beneficial, for our students to possess the secret power of producing what is known as the Sweet Spiritual Sleep, in connection with their work in Clairvoyance (Spiritualism). The students need a certain kind of sleep beyond the ordinary sleep, or, I would much rather say, the regular sleep.

This stage of sleeping is done to refresh the mind, and enable the spirits to operate upon the Clairvoyant and clairaudient faculties to a greater advantage.

In order to have your spirits to throw you into this stage of spiritual sleep, go into a comfortable room, where it can be perfectly quiet; arrange the lights (if in the day) so as to make the room in

semi-darkness. Lie down upon a bed or a couch for one half hour at the time, and at the same period during each day, with your mind strongly concentrated upon the fact that your spirits will come and put you to sleep. After you have been resting for a few seconds think of your spirit friends. Request them to come to you. Call for them mentally, just as you would if you were calling for an earth life friend audibly. Wait till you feel a slight feeling of sleep. Relax every muscle of your body. Repeat slowly: "Dear Spirits, Put Me To Sleep. I am Going, Going to Sleep—Sound to Sleep. I Feel the Force of my Spirit Guides. They Will Put me to Sleep. Going, Going, Going, Sound Into a Sweet, Sweet, Spiritual Sleep."

You will positively feel the force come over you, and you will then rest sweetly, and you can ask them (the spirits) to awaken you at a certain time and they will do so. After you once pass into this state of spiritual sleep, it will be ordinarily easy for the spirits to help you to enter into the sleep in the future.

LESSON LIII.

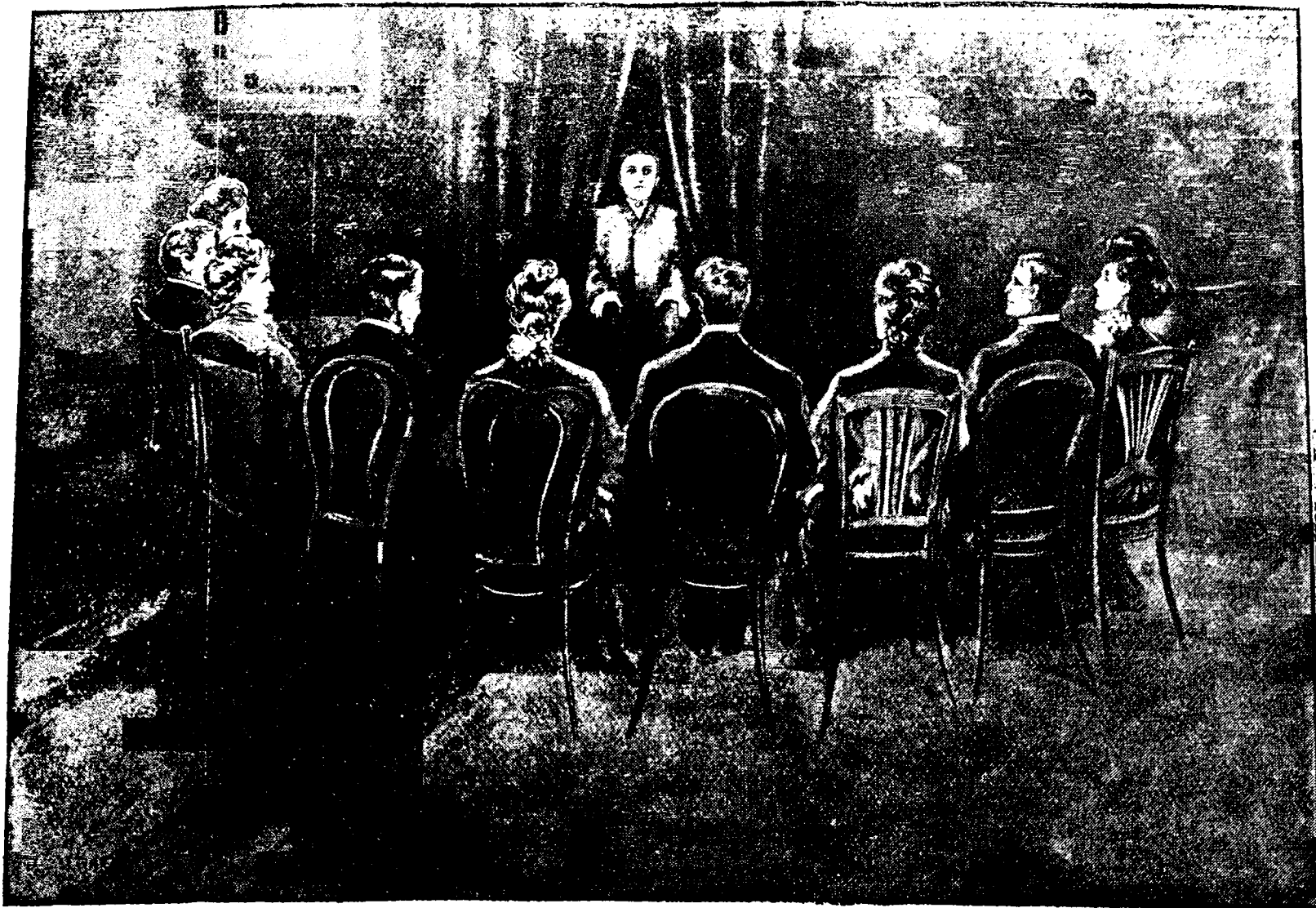
SPIRIT GUIDES OPERATING.—The previous lesson, as well as this one, is written for the special benefit of students when they are beginning to develop their powers. It will positively help you to gain rest, and also improve your Clairvoyant faculty. After awakening from these sweet spiritual sleeps you will at all times feel stronger, and the mind will be much clearer. Furthermore, we find that during these sweet sleeps the spirits appear to us in most beautiful forms, and show us many, many beautiful visions. You can feel them around you and hear them talking. They also hold consultation regarding your development, and magnetize you with spiritual magnetism.

THE GATHERING OF PROFESSIONAL SPIRITS.—In many cases the spirit guides will draw large audiences of spirits to gather around you, such as doctors, lawyers, ministers, orators and scores of other spirits who were professional men and women when upon the earth plane.

The reason for the spirits gathering around you, especially those who were professional in the flesh, is to impart to you the knowledge of performing just such duties as they performed. Spirits are not as selfish as those in earth life.

THE SPIRIT DOCTORS teach you the method of healing; the lawyer gives you legal knowledge; the minister gives you good impressions and theological knowledge; the orator inspires you with wit, wisdom and eloquence, etc.

Many people will say such is only a dream. But we know that this is far above the ordinary dream for the simple reason we prepare ourselves for this, and the average dream is generally pertaining to something we had no future knowledge of. While dreams have wonderful significance, yet this is entirely different, because when in this state of sleep you hear and feel all that is going on, unless a deep trance overtakes you; but when you are dreaming you have no knowledge of anything whatever, other than what you are dreaming of at the time.



The Above Illustration Represents Persons Sitting for Materialization.

Materialization.

LESSON LIV.

SITTING FOR MATERIALIZATION.—For materialization apparition, the medium takes his place in the cabinet, which is generally arranged in one corner of the room, divided by curtains made of any ordinary black material. This is known as a Spirit Materialization cabinet; the curtains are arranged hanging from the ceiling in two parts.

There is no definite number of participants for a circle of this kind, or an experiment of this kind, as it is generally done to convince persons of the possibility of spiritual manifestation.

We advise three being the minimum, and nine the maximum number for obtaining convincing phenomena.

Those present will kindly take their places in their seats, as shown in illustration; all persons must face the Medium seated in the cabinet. The room must be comfortably and moderately warm, in accordance with the season.

It is very advisable and desirable that the participants be of different sexes, ages and temperaments. Children under twelve years of age should, under all circumstances, be entirely excluded, as the latter especially under the age mentioned have not the least conception of the higher important experiments, and only create disturbance. After being seated, each person should hold the hand of their neighbor, which is called formation of the spiritual chain.

LESSON LV.

PERFORMING THE EXPERIMENT.—This experiment should be performed in complete darkness, in order to produce the best results. But, as skeptics will hint, they cannot be observers if

the means of observation are withdrawn. Therefore, in order to convince the skeptics of the power of materialization allow the room to be in semi-darkness.

IN ORDER TO CALL FORTH a desirable harmony of mind, one may start to sing a suitable hymn known to all present. In this way the thoughts become concentrated in the desire to receive revelations from the invisible intelligence, which is generally produced through the medium who is used as an instrument in the cabinet by the spirit forces.

CONTROLLED BY THE FORCE.—After waiting for a few moments lights will begin to appear. Forms will also appear from the cabinet. Those present will feel the spiritual magnetism creeping through their whole body, and very often it is known where one of the participants will fall into a sleep known as a trance, or becoming controlled by the force. It is necessary to speak out, and ask the spirits different questions. Always let your first question be if loved ones are present, and many other suitable questions can be asked.

THOSE WHO ARE SUSCEPTIBLE TO THE CONDITIONS DENOTE MEDIUMESTIC POWER, AND ARE ADVISED TO TAKE OUR FULL COURSES AT ONCE, AS IT WILL MEAN MUCH TO THEM.

LESSON LVI.

THE WATCHWORD.—Try, if possible, to get nine persons when sitting upon such an occasion. Bear in mind that all frivolous jokes must be banished in spiritualistic union. Quietness, earnestness and measured dignity must be the watchword of this circle, when holding a materialization seance. Immediately after hearing a knock, one of the persons forming the circle must ask, “Art thou, dear spirit, a friend to us? If so, rap three times.” Thus the connection is established.

The telegraph is thus outlined as follows: Three knocking sounds denotes “Yes;” one knocking, “No;” two knockings, “doubtful,” or “we cannot tell it;” five knockings, “Tell the alphabet.”

TYPOLOGISM.—This proceeding is called Typologism. The reciting of the alphabet may be done aloud or silently by the one chosen to do the speaking. The letters which are meant follow the rapping. From the letters written down, one forms at the concluding words, phrases or sentences, which either answers question’s purpose, or contains free, spontaneous communication. The knockings are mostly heard in the cabinet, produced by the spirits operating with the magnetism emanating from the person seated in the cabinet. Spirits are seen in a seance of this kind more plainly than at any other experimental seance (circle).

These seances are very strengthening to those developing, and also cause investigators to become acquainted with your power; also draw persons to you for more knowledge, thus enabling you to gain quick practice.

How to Hold a Public Seance.

LESSON LVII.

PUBLIC SEANCE.—It is an established fact that public spiritual seances are held regularly in all parts of the United States and Europe. Many of them are held in large buildings, such as halls, theatres and churches, but we advise a beginner when making his first appearance in public work to hold his first seance in his own private home, because the spirits are more familiar with the home surroundings; also where you are generally associated there is more magnetism. Furthermore, when a new beginner starts out in the field of public work he is more or less timid, and the sight of so many persons gathering before him has a tendency to create confusion.

First, arrange your home with as many chairs as you think you will need; place them so as to allow your audience, when seated, to face you as you enter the room. It is not customary for the Medium to be in the seance room while the audience is gathering. Make known to your friends and the public a few days beforehand that you anticipate holding a Spiritual Seance. This may be done by the use of a circular distribution (from door to door), or by placing an advertisement in the leading newspaper. Your first adv. should be short, and to the point. The price generally charged for admittance is a silver offering (10c), collected at the door, but the charges can be better arranged by the one who is to hold the meeting. No person should ever place an advertisement in the paper without giving the full and correct name of the operator. The object for thus advising you is that many times there are announcements made for public seance work, and without the name of the one who is to hold forth. This is indeed a bad sort of thing, as it proves the Medium is of little consequence, or that he is ashamed of his name. No one should be ashamed of their name or profession.

After the audience has assembled, and the proper hour has arrived for you to make your appearance before them, quietly walk into the room with an air as though you had been holding public seances for years. By so doing the audience will think that you understand your business thoroughly, and at the same time will place more confidence in what you tell them.

If you haven't a rostrum built for the occasion, stand so as to allow everyone present to look directly at you. Your first announcement to your audience should be the name of a hymn, which you desire to have them sing, and after the singing is over, you can, if you desire, request them to unite with you in prayer, this will give all present to understand that your meeting is a religious one, and at the same time cause them to respect you all the more. A few remarks, as follows, will be advisable: "Dear friends, our object here tonight is for the purpose of communicating with our departed friends and loved ones, and if you will kindly give me your attention, and your sympathy as well, I will endeavor to deliver such messages as your spirit friends may have for you. Without your attention, it will be more difficult for me to come in rapport with the spirits."

When holding these public meetings, and find the conditions or influence not as congenial as you desire, the medium should again request the singing of a suitable hymn. Never tell a person anything in public that would embarrass them, always have respect for their feelings. In case you should see something, for the one whom you are addressing should know, tell them the spirit wishes to deliver a message, but it is necessary for you to see them privately, at your office, the following day.

Never allow whispering or laughing while you are holding a meeting. Never give long, tiresome tests, endeavor to make them very brief, and to the point. Try to reach as many persons as you possibly can. Never hold a public seance longer than two hours, start at 8 P. M. Close at 10 P. M.

Always close the meeting with a suitable hymn. Never give a private sitting to anyone the same evening after you have held a public seance, wait until the next morning, when you will be better prepared to take up your private work. Never try to give a private or public seance to an intoxicated person. No one should indulge in alcoholic stimulants when giving a spiritual entertainment. Departed friends have but little respect, if any, for those under the influence of Drink.

Spirits are very sensitive, and in order to have them serve you, it is well to respect them at all times and upon all occasions.

Automatic and Inspirational Writing.

How to Become a Writing Medium.

IN ORDER TO DEVELOP THE POWER OR PHASE OF SPIRITUAL WRITING.—Much practice is needed. In the first place you should have a private room where you can sit without being disturbed by any one, and by all means sit solely alone. Be sure to use the rubber insulators under your table, chair and feet as instructed in your first sitting Lesson XV. The same insulators may be used. Arrange the room in perfect darkness. Place a large sheet of paper on the table, take a soft, dull pointed lead pencil into your right hand—let the pencil rest on the paper, supporting the weight of the hand; the fingers, hand and arm must not touch the paper; all must be as fully relaxed as possible, the mind perfectly free from disturbing thoughts. In a few moments you will notice your arm will begin to shake and tremble, your fingers will feel as though an electric current is passing through them, the pencil will begin to move; at first the movements may be uncertain, but in a short time letters and words will be written, soon followed by sentences. At the beginning you may write light and frivolous characters. Statements may also be written that are untrue, but if you earnestly desire the true power it will soon come to you.

The writing with some at first is purely automatic, that is to say the thought will be entirely free from the conscious mind; then a little later it will become partly impressional—that is to say, you may be conscious of the word before it is written.

The spirits will also in many cases take complete control of your body and thus cause you to write many wonderful things, and if followed up earnestly, honestly and thoughtfully, will soon develop into inspirational writing. If at first you do not realize the desired results, continue on with the sittings and you will soon find that the spirits will operate upon you. When sitting for these writing experiments, give yourself up to the spirit force. You may in this way gain a most powerful spirit guide.

When holding these sittings, you can also use a slate and slate pencil, the latter is more desirable, because when using the slate the table is unnecessary, as the slate may be placed in the lap, thus giving greater advantage in relaxing the arms and fingers. This is a grand and powerful phase after it is fully developed.



Showing Medium Reading From A Lock Of Hair.

Psychometry.

LESSON LVIII.

PSYCHOMETRY.—Psychometry is a power which enables man to read the thoughts, actions and Characters of persons from articles, such as a letter, a handkerchief, a lock of hair, etc. In order to be a good psychometrist and read a person's character by the power of Psychometry, we believe the following instructions are the most simple and correct methods known. As it is a known fact that we have read thousands upon thousands of lives and characters by a lock of their hair.

In order to develop this wonderful phase of mediumship, it positively necessitates the mind to be free, pure and obedient, to the voice of the soul.

WHEN READING FROM A LOCK OF HAIR, first place it in the palm of the left hand, hold it tightly for a few seconds, then place it upon your forehead, just above the root of the nose, hold it there for a few seconds, then place it upon the temple, and at the same time give yourself up to the spirit forces which will operate upon you. Concentrate your mind for a few moments and listen to the voice which proceeds from your soul. Speak out distinctly every word that you hear, also upon every impression that you receive. Do not for one moment allow yourself to think that which you receive is either imagination or that it can possibly be wrong. Forever cast from your mind all doubt; for as soon as you begin to doubt you are sure to drive all forces from you.

LESSON LIX.

ATTRACTING DESIRED CONDITIONS.—In order to attract the desired conditions you should have a special reading room (office) where you can be perfectly quiet. Close the blinds to

exclude the light. Place yourself in an easy reclining position. Close your eyes, woo a condition of absolute peace, keeping the body perfectly still.

OBJECTIVE AND SUBJECTIVE VIEWS.—We wish to say there is an objective and subjective mind. Objective views are those which are governed by external objects. Subjective views are applied to the internal state of thought or feeling of which the mind is the subject.

We do not expect you to accomplish these great and most powerful phases upon your first attempt, as it, like in all other teachings, requires patience and practice; therefore, we advise you to practice this method of reading as often as possible, but only in such places where there is peace and harmony.

Never allow your mind when reading in this manner to be led off upon frivolous or unclean topics, until you have thoroughly mastered the science, as we have explained in other phases of your development, that the evil will take possession of the good thoughts whenever there is a possible opportunity. When you have mastered the science you can throw off all evil at your will.

Always remember the meaning of the visions, as in most all cases different visions will appear when holding in your hand a lock of hair or other articles.

LESSON LX.

GOVERNED BY YOUR FEELINGS.—We advise you in all cases of psychometry to be governed as much as possible by your feelings. In case you feel angry, cross, mean, irritable, selfish and disagreeable, it denotes the person to whom the hair belongs, is of that temperament. If you feel like laughing, singing and being kind to every one, it denotes that the person is of such disposition. Should your mind be led off on business matters, speak accordingly. Matters not how conditions are or what you are impressed to say, speak and act upon your feelings, and you will never go wrong. Ever remember that you are an instrument operated upon by the spirit forces, and you are not responsible for your actions.

NOTE.—When writing upon the above subject, it brings to my mind very forcibly an occurrence which took place at one of our private seances. We were at that time teaching a small private class of twenty five. Among them were ladies and gentlemen from different parts of the country. After we had formed our circle, seated the students in their proper positions, the meeting was opened and conducted by Dr. T. H. White.

After explaining to the students the philosophy of spiritualism and requesting them to sing a certain hymn, he took his seat near a young man who seemed to be unfamiliar with all spiritualistic experiments, as it was his first night to enter into our class.

Those who were further advanced were speaking upon the different visions appearing to them, and every one present was seemingly delighted excepting the young man in question, who seemed to be very sad, downcast and low-spirited. Dr. White noticed that the young man's actions were not altogether agreeable to those present, took his hand and held it tightly for a few moments. The young man then began to cry. Dr. White realizing that the young man was not at all himself, but acting under the influence of some spirit, immediately called the attention of all the students, who at once gathered around the young man, in order to learn the nature of his control.

His eyes began to grow very small, his face turned deathly white, then the crying ceased, and he stood upon his feet for several moments without uttering a word, or making the slightest move.

Dr. White then requested all persons to move their chairs from him as far as possible in order to give the force a chance to operate upon him. At least ten minutes elapsed without the young man

speaking one word. Then all at once his countenance changed, he began to laugh heartily and with a loud voice exclaimed: "Friends, do you not know who I am? Is it possible you cannot recognize one who so dearly loves this grand and glorious truth? If you do not recognize me, I will endeavor to make myself known."

He then walked steadily across the room to the chair where Dr. White was seated, and catching him by the hand remarked in a heavy but low tone of voice: "Dr. White, I am more than pleased to be with you tonight. I am Dr. Russell, your old friend when in earth; my flesh passed out of this life a little over three years ago, and since that time I have been striving hard to communicate with you, but have never had the opportunity until tonight. When I entered this room I took possession of the instrument at the foot of the class, there I found the conditions most favorable, I wish to state that I am very happy and will explain to you why I come! I notice, dear Doctor White, that you are suffering very much with your head; due to the fact that your brain is overtaxed at this present time with a vast amount of work you have to do, and I am going to prescribe for you."

The young man walked directly out of the room, down two flights of stairs, took a glass from the buffet, walked to the hydrant and drew it half full of water, then came upstairs and walked into the hall, over to where the doctor was sitting. Holding the glass in his left hand, and placing the four fingers of his right hand into the water, he explained: "Now I will magnetize this water for you to drink. Take it as directed, one tablespoonful every four hours, and it will cure you." Dr. White took the glass of water, thanked him for it, and placed it upon the mantel. The spirit, (acting through the young man) walked to each and every one of the students, and gave them several words of interesting facts of their passed life. He then bade us good-bye.

The next moment we noticed that the young man standing before us was his real self again, and the spirit of Dr. Russell had taken his flight, leaving the young man standing bewildered. We began to call the young man Dr. Russell; which astonished him very much, as he had no knowledge whatever of what had happened. We then told him of what had taken place, and it was decidedly foreign to his mind. Some of the students being inclined to skepticism, began to doubt such a wonderful performance in spiritualistic phenomena, and exerted every possible means to investigate the same, but after questioning the young man, it was learned that he was an entire stranger in the city, his home being in North Carolina, and he had never seen or heard of Dr. Russell when he was upon earth in flesh. We only speak of this to give you an idea of how the spirits control and take possession of our bodies. This also gives you a further idea of what we have already said pertaining to the fact that we are not responsible for our actions while dealing with the spirit forces. The above may seem wonderful to you, but I will promise you that after you enter deeply into the work of spiritualism, you will find that greater things than these will be done with you and yours.

Psychometry (Continued.)

LESSON LXI.

DIAGNOSING DISEASES. We wish to say there is a power of diagnosing diseases by a lock of hair taken from a suffering person. Now, as that is one of our particular phases, we will give you the instructions as follows: Place the lock of hair between your index finger and thumb; press it tightly against your temple, ask your spirit force to direct your mind to the sick room of the patient, which will be done immediately; then concentrate your mind in order to allow the spirits to operate upon you.

FEELING THE CONDITIONS.—In a few minutes you will begin to feel weak, tired and seemingly exhausted; your breath will begin to grow short, and your heart will begin to beat most rapidly, which signifies that your body is going through a complete change, and that the force is preparing you to take on the conditions of the person suffering.

FEVER.—For instance, the patient is suffering with fever; you will realize that your tongue has become very dry; there will also be hot flushes to pass over your body; your eyes will smart and burn, and the brain will begin to throb. Those are the symptoms of fever.

STOMACH TROUBLE.—If the patient (female) is suffering with stomach trouble you will realize a terrible bearing down sensation in the lower part of the abdomen; there will also be a pressure as though there were heavy weights placed upon the stomach.

LESSON LXII.

LUNG DISEASE.—If the patient is suffering with lung disease, you will have the following symptoms: Weakness across the chest, you will feel inclined to cough, and your hands and flesh will feel moist and clammy. Your lungs will also pain you terribly, and you will also taste blood as though rising from the stomach.

RHEUMATISM.—If the patient is suffering with rheumatic trouble in the lower limbs or other parts of the body, you will feel sharp, shooting pains and feel perfectly cold in the lower part of the body, which will enable you to know the patient is suffering in like manner.

PARALYSIS.—If the patient is suffering with paralysis, it will cause you to feel a sensation as though your limbs are going to sleep, they will feel bad and terribly heavy.

INSANITY.—When diagnosing a case of insanity, the medium's feelings and conditions are indeed quite different from any of the preceding symptoms.

First, we will say when a medium is holding a lock of hair taken from the head of an insane person, the influence causes the medium to go through many strange maneuvers. You will first feel angry, then pleased; one minute you will feel like crying, the next minute like laughing; your expression will change entirely, it will cause you to sit and stare in a most silly manner; you will feel inclined to walk up and down the floor and speak at times in a most baby-like way. You will feel a slight pain over the eyes, and your flesh will twitch as though under spasmodic conditions; your head will begin to feel light and empty, and you will realize that your mind is perfectly blank. The conditions are so severe at times that it causes the medium to fall upon the floor (as though in strong convulsions). But we are pleased to say that a medium has never been known to suffer any bad effects from the said conditions after coming out of the influence.

The above method of diagnosing diseases has been practiced by ourselves for years with the most astonishing results. This is the only correct method of diagnosing diseases from a lock of hair, and

you can depend upon it at all times, and if practiced according to instructions you will have no trouble in locating or describing the disease or suffering, even though you are thousands of miles away from them. You should have perfect faith in your spirits and allow them to do the work for you. You should have implicit faith and confidence in yourself.

There isn't one word written in this course of instruction but what can be fully demonstrated to your entire satisfaction by the writers.

Higher Methods in Clairvoyant Practice and Training.

LESSON LXIII.

TO BE SUCCESSFUL in giving readings from a clairvoyant standpoint, much practice and proper training is required. Like all other forces, clairvoyance becomes stronger with use. When not in use there is a danger of loss by what may be termed leakage, unless the laws by which it is governed are understood; I am now speaking of the loss which takes place without the knowledge of the operator (student). One may be taught to converse, and thereby increasing health and strength, it is then ready for use when necessary; there is no exhaustion; it increases in power, the supply is always equal to the demand when one knows how to apply it properly. Knowledge is therefore, not only necessary to converse that which is already generated, but also to keep the body in such a condition as to increase that which is already possessed, and to attract from the proper source that which is necessary to restore strength.

THE CAUSE OF WASTE.—The cause of waste is generally due to some exhausted discharge, dissipated habit, a restlessness of mind and body, wandering thoughts, over which there is no control, unless moving of the hands and feet, and the loss of control over the whole system, producing insomnia and disease.

LESSON LXIV.

AN IMPORTANT LESSON is to overcome these movements by allowing the spirits to have control over every muscle of the body and every thought.

It is a known fact that every person possesses clairvoyance to a greater or less extent, and it has been proven beyond a doubt that it may be cultivated to a very high and most powerful degree by everyone who will study its laws.

TO POSSESS THE GREAT POWER and to know how to use it, are two different things entirely. That is to say, a person who naturally possesses a very slight amount of clairvoyance, can by study and application, become clairvoyant to the fullest extent, and yet be of no benefit to the world, because of his ignorance in the use of it.

STRENGTHENING THE FORCE.—The laws which apply to its use, a word or two concerning the best way in which to preserve and strengthen it will be necessary. It is necessary to pay due attention to the general health. Outdoor exercise is very beneficial in order that the lungs may be able to take in a large supply of fresh air, which contains oxygen, the generator of life, which entering into the blood and meeting with the carbon caused from decayed tissue, causes combustion, and sets free carbonic acid, which will prove fatally poisonous and destroys the clairvoyant faculties if allowed to remain. The oxygen also meeting with the magnetism, converts it into electricity, where it is stored in the brain and gives force and energy to the clairvoyant power.

LESSON LXV.

A SUFFICIENT SUPPLY OF SOUND AND REFRESHING SLEEP, especially in the early hours of night, is indispensable in the production of this wonderful power.

During sleep, while the body is in a passive condition, the spirits will apply their spiritual magnetism to the brain, thus improving the clairvoyant state. Mediums should avoid eating meat when retiring, that is to say, if they desire the spirits to operate upon them during the hours of night. Meat has a tendency to cause the brain to be sluggish and the body to be restless.

In order to receive clear clairvoyant visions, known to some as dreams, it necessitates the mind and body to be free.

TO USE YOUR CLAIRVOYANCE to the greatest advantage, it is necessary that you should have the knowledge of your own system, physically and psychologically; you will then know better how to use it to influence, control and operate upon others. You should know in each particular case how to deal with your subjects, and how to send forth your power.



Showing Position of a Lady Medium Giving a Private Clairvoyant Reading.

Giving a Clairvoyant Reading.

LESSON LXVI.

GIVING A FULL CLAIRVOYANT READING.—In the first place, your subject should be seated in a comfortable position directly in front of yourself, and not more than three feet from you. Look them steadily in the eyes in order to gain their attention, after you gain their attention, mentally request your spirit guides to operate upon you. Have implicit faith and confidence in your guide, and whatever they show you, believe it is meant for the person with whom you are sitting. Pay strict attention to all that you see, feel and hear. Remember the meaning of all the visions according to your lessons in the foregoing.

Should you have a person calling to see you that you desire to influence and read their character, who you feel possesses as much power as you do yourself, and who understands how to use it as well as you do, it will be a question of persistence and confidence, and a determination to succeed.

There are some persons who will call to see you, and try their utmost to throw off in every possible way, which is done in order to test your ability, and also to draw you out stronger upon certain matters; they will also tell you they do not understand you; they will not even look you in the eyes for fear you might get at the bottom of some of their deep secrets; then again some will come to you full of skepticism and doubt most every word you say. In such cases we advise you to be calm and patient, do not allow yourself to become angry, but gently tell them if they doubt, it will drive away their spirit friends and prevent you from getting anything they desire to know. That will immediately awaken them, and your gentle way will draw them to you in such a manner as to enable you to gain the desired influence.

LESSON LXVII.

SECRETS OF THE INNER SOUL.—When a person calls to see you and you find them to be stubborn, fix your eyes upon the location of the individual between the eyebrows, at the root of the nose, that will enable you to overcome their magnetism, and at the same time give your spirit force the power of reading the secrets of their soul. In every case we request you to be pleasing and gentle, and ever allow a sweet expression to be upon your face.

After you realize you have gained the confidence of the one sitting before you, ask them to kindly place their mind upon the matter in question; at the same time allow your spirit guide to take full possession of yourself. Concentrate your mind upon the person, and you will within a few moments, feel the spirits around you. Then listen for the voice to speak to you, which we have explained in the foregoing.

Pay strict attention to all visions that will appear before you, and speak out upon every impression that you receive. In all cases speak and act directly upon your feelings, and remember it is not yourself, but the spirit which operates upon you. In case you find it difficult to come in rapport with their force, we find it very beneficial to use strong suggestions. In order to give these suggestions, take your subject by the hand. After holding it for a few moments begin to give mental suggestions as follows: "Your power is growing weak; your spirit friends will reveal to my spirit guide your secrets."

Then with a quick start, speak out to your subject in a loud, clear voice. "My! What a number of sweet peaceful spirits you bring with you." Flatter them in every possible way, tell them they are wonderfully powerful, and that they have beautiful spirits to follow them, etc." Thus you will cause them to weaken and lose their thoughts in yours, which will enable you to gain complete control over them. There are many cases where you will find the subjects most easy to read, and again some are very difficult. But as you grow stronger you will have no trouble whatever.



Showing Position of Gentleman Medium Giving Lady Private Reading

LESSON LXVIII.

CONTROLLING POWER OF THE EYES.—It is a noted fact that a lady possesses a greater controlling power of the eye than the average man. We desire to give you here a special course of instruction in order to enable you to gain the quickest and best results.

POSITION FOR SUBJECT.—First place your subject in a comfortable sitting position not more than two feet from yourself. Request her to kindly concentrate her mind strongly upon the matter in which she is most interested, and do not at any time allow her eyes to meet yours. When you begin to speak to her, seek out the little spot between the eyes just above the root of the nose. This must be done without the knowledge of your client; allow your eyes to rest upon this particular spot for at least thirty seconds, and at the same time concentrate your mind strongly upon your client. You will soon realize that your spiritual force is influencing her, and a complete change of feeling will come over you. You will feel that you are the master of the situation. You can then begin to tell her what you see according to the visions and impressions you will receive while reading.

HOW TO ANSWER QUESTIONS.—Should your subject ask you a question, do not think you cannot answer it, or do not trust to yourself to answer it, simply give yourself up to the spirit guide and speak out quickly and positively, whatever chances to come into your mind. It will be the spirit that will answer through you. When you first start in this work, quite naturally you will be slow at first, but if you will pay strict attention to your impressions, and have faith in your spirit guides, and confidence in yourself you will, in a short time be able to tell the most astonishing things. You will find yourself growing daily in strength. The spirits will never mislead you after you are fully developed. And even if an evil spirit should chance to try, you will know what to do in order to prevent them from doing so.

LESSON LXIX.

THE SUBJECT'S INFLUENCE.—If you find that your subject has any influence over you that might have a tendency to lead your mind from your spiritual path of duty, repeat the spiritual prayer we have arranged for such occasions, then ask God and your spiritual guide to give you strength. At the same moment draw your chair closer to your subject, take her hands in yours for a few seconds. Be careful not to use any particular pressure. This is simply done to gain control over the personal magnetism emanating from the subject; it will cause her to lose power of force.

WOMAN'S POWER OVER MAN.—We speak of this for the positive reason there are many women who possess a great amount of personal magnetism over men and are still unconscious of it, and when their eyes chances to meet the eyes of the operator weakens his force, unless he has thoroughly mastered his instructions, but we feel, dear student, you have thus far learned your work sufficiently to avoid all lack of force on your part.

LESSON LXX.

MAKING DEDUCTIONS.—Allow your subject at all times to talk as freely as they chose at the beginning of your reading, and you should be a good listener. When they talk you make your deductions from the tenor of their conversation. You will find that some one will call to see you and be very talkative, and in such cases if you are a good listener you will be enabled to read deeply without much exertion whatever.

At all times deal perfectly honest with your clients, never tell them anything more than you see or hear. Some mediums make it a point to tell their callers all sorts of things in order to please them for the time being, but when you predict a certain something to take place at a certain time, just in order to please the one sitting before you, remember that time which you have set will come around, and when your patient finds that your prognostication failed to materialize, they will lose confidence in you at once, and also tell their friends of it, which will naturally keep people from calling to see you in the future. Matters not how dark their life chances to be or how sad and gloomy the conditions are around them, just speak out and tell them, and even though it displeases them for the time, yet if they find your words to come true, they will know that you are genuine and will call again to see you. They will also tell their friends how true you told them, and you will soon build up a fine practice. It pays to be honest and truthful, on all occasions, matters not what the results are.

LESSON LXXI.

BE ON YOUR GUARD AT ALL TIMES.—Remember there will be people who will call to see you and remain perfectly quiet, act stubborn and do all in their power to throw you off your guard. But we feel it unnecessary to explain further what you should do as we believe you have advanced far enough to master all.

Use every word of the following lesson, and use every word to an advantage when needed. Remember what is said in these courses for man is meant for woman also.

FLATTERY is an excellent fort for the student to work upon, and we advise in all cases possible for the student to flatter the subject, as it will enable you to gain the good will of the subject ninety-nine cases out of every hundred. Seek always to avoid others from flattering you. The attractive or the magnetic man never talks of himself. The results are that he is more talked about, admired and approved than if he devoted all his cleverness to arranging little conversational coups intended to flatter his vanity. The student may say: "This does not apply to me, I never seek flattery." Then you are one out of a thousand. All people seek approbation in some

form, to a greater or less degree. Those who seek it most eagerly get the least, because they do not retain and conserve the force which attracts that form of magnetic current.

LESSON LXXII.

THE MAGNETIC HANDSHAKE is an excellent method of drawing people to you. Look them pleasantly between the eyes, grasp their hand firmly well up around the back of the palm. Don't shake their fingers. After a quick, warm pressure draw your hand away, passing your fingers down their palm, and off at their finger tips, if possible. This is a natural grip of cordiality, and must have its effect.

THE CULTIVATION OF THE MAGNETIC GLANCE.—After the student has learned and demonstrated to himself the importance of the conversation of mental current, he needs but little further help. Still a few more words adds to development, which may seem very useful and important to some students. In the following, the method of gazing at a point between the eyes of a person addressed is described.

For the sake of convenience we will refer to that method as a "Centre Gaze." Do not make the mistake of using this promiscuously on any and all occasions. It is solely for the purpose of making yourself impressive, when you wish to be so. There is such a thing as being oppressively impressive, and this is to be avoided.

Use your force with tact and discretion. Pleasantness is attractive.

BE PLEASANTLY IMPRESSIVE.—When you are trying to please, as in ordinary social intercourse, let your face wear an interested expression. Do not indulge in perpetual smiles than which there is nothing more undignified; but practice and assume such an expression as will usually come to your face when you are witnessing a scene in which you are quietly interested.

Use the centre gaze frequently, but back it up with dignified pleasantness. You then give a combination of good humor and power.

The Mirror Exercise.

LESSON LXXIII.

THE MIRROR EXERCISE.—Here is an exercise that will aid in the development of an effective gaze and expression. Place a small mirror before you, or stand before a large mirror with your face about 18 inches from the glass. With a pencil or some other blunt-pointed instrument, make a little dot or dent on the root of the nose directly between the eyes. This mark will remain about twelve minutes, and is for the purpose of assisting to concentrate your attention and gaze. In looking at your image in the mirror, focus your gaze unflinching upon the spot between the eyes.

Remain perfectly motionless gazing fixedly at the centre point. Try to keep from winking; when you feel impelled to wink, simply raise the eyelids a little instead, the relief to the nerves is nearly the same as if you closed the lids.

This exercise should not be continued longer than twelve minutes at the start. You may find it difficult to even remain perfectly motionless for five minutes, but this repose and nerve control should be learned if the student wishes to develop fully all branches.

THE WONDERFUL EFFECT.—This exercise is wonderfully effective. The early morning is the best time for this exercise, when the brain is fresh, and the body is rested and nerves relaxed.

LESSON LXXIV.

START IN WITH THE SIX-MINUTE exercise, and gradually lengthen it each morning, one minute per day until you can do the full twelve minutes.

After four days you will begin to notice the power and steadiness in your gaze. You will note the weak and shifting gaze of other people. You will note that even those with a bold gaze look into the one or the other of your eyes, and that they shift uneasily when you calmly apply the centre gaze which they are of course unconscious. This centre gaze, strangely enough, gives you the effect of looking right through or into the centre of the head of the person looked at. At the same time it relieves you from the gaze or expression of their eyes. The mirror exercise just described, rapidly develops a powerful, spiritual and magnetic eye. The eye is the window of the soul, and you can so often read thoughts of the deepest character from eye to eye.

Should you habitually wear glasses, the effect of the exercise is still the same, and in some cases add impressiveness.

Thought Transference.

LESSON LXXV.

INTERESTING EXPERIMENTS.—There are many interesting experiments in thought transference, and as we have practiced it with the most astonishing results, we will endeavor to explain the method as simply as possible.

We realize that our students will want to experiment upon all the laws of Occult Science, we can say this is one of the most interesting experiments known.

In selecting a person to work with you in this particular phase, you should chose some one who is in sympathy with you; one whom you know feels friendly and kindly toward you. If you know anyone who often says when you start to tell him anything, "Now that is strange, I was just thinking of that myself," use him as your subject. It is not necessary to use any particular influence upon the one selected to perform thought transference. First talk to them about it and tell them that he would make or be a good subject, and that you would like to try some experiments. Then have him go into another room and tell him to make his mind as blank as possible. Give him a pad of paper to write upon and say to him: "Now, Mr. Jones," or what ever his name chances to be, "I want you for a few minutes to write whatever comes to your mind. If you feel an inclination to write anything do so. Do not try to think of what I am trying to impress upon you. Let the thought come to you. It may take some little time for us to do this successfully, but I believe we can bring about the desired results in a short time." Try some simple experiment as writing a letter of the alphabet. You should will determinedly, that the subject must write the letter that you were thinking of. Then go into the room and think of the letter you wish to impress upon the subject's mind. Keep your whole mind upon this, allowing no other thought to enter.

This should be practiced frequently. You should not try it for more than fifteen or twenty minutes each day, as it is very tiresome.

After you get so that you can impress the subject with letters, try some difficult feats, at greater distance, and in a short time you will be able to impress the subject with almost anything you desire, at any distance.

When we think, we set in motion thought waves similar to electric waves in wireless telegraphy. After you have thoroughly developed your subject, wonderful experiments can be performed. And you can use them to a great advantage, at the same time it develops your power which you will use upon most all subjects.

The Power of Personal Influence.

LESSON LXXVI.

PERSONAL INFLUENCE.—If you remember at any time being where there was a certain gathering of friends, and all seemingly enjoying themselves to the utmost; how happy everyone seemed to be, and all at once some one became offended, and caused anger to take place, then how miserable and unhappy you would feel. Well, that is personal influence.

Dear student, in order to attract people to you, always wear on your face a smile, even though your heart is aching, do not allow anyone to know it by your countenance. If you meet a friend address him with a smile, matters not where you are, try to cultivate a smile for every one you meet, even when you are talking to persons, allow a sweet smile to be upon your face, avoid at all times a frown.

When you call upon a person never tell them of your troubles, tell them you are happy, and say at all times, to them, matters could be worse.

Never look upon the dark side of a question. Always look upon the bright side of life. If a friend is down try to help him up, do not crush him because you can do so, ever remember that he is one of us, and some dear mother bore him into the world. One kind word many times has the greatest effect.

When you open your eyes in the early morning, allow your first word to be "Good morning, everybody," and then think to yourself that you have a certain amount of good work to do, think there is some poor soul that you can assist in life.

Personal Influence in Your Family.

LESSON LXXVII.

THE HOME, A HOUSE OF GOD.—If you have a family of children around you, never speak cross to them, always loving and kind; tell them of the good things in the world; never allow your children to know your family troubles, as their little hearts grow sad with the burdens of life soon enough.

Try at all times to avoid striking your child, especially a girl child; should she chance to act contrary to your desire, tell her of some good and great woman, never tell her that she is mean, bad or unworthy. Matters not how far down the wayward path she has gone, as it is a known fact that some children, because you tell them they are mean or bad will think they really are, and will continue to be so. If you tell them they are good, and try to tell them of those that are good, it will put good thoughts in their heads, and they will try to do better. Be loving and kind to a good wife, do not come home, and because everything isn't just so, swear and cuff her about. If you find that she is in-

clined to be careless, take her to herself and explain in a quiet way how you love her, and how sad you are, you will find that cross words do but little good, but kind words will do much at all times. The home circle is the house of God. If you want to be happy make those in your home happy, and God will forever dwell within your household.

GOOD FOR EVIL.—If a person speaks cross or unkind to you, do not resent it, try your best to speak in return just as kind as possible, never allow yourself to become angry, always return good for evil. When you can cultivate this force you will draw to you people of every clime of life, the richest, the poorest, the most learned as well as the most ignorant.

The Power of Prayer.

LESSON LXXVIII.

GOD IS THE FOUNTAIN OF EVERLASTING LIFE. THROUGH HIM, IN HIM AND BY HIM DWELLS EVERLASTING HAPPINESS. ASK AND IT SHALL BE GIVEN.—Remember that prayers will draw the higher and heavenly forces to you.

MORNING PRAYER.

O most heavenly Father, Thou that art, and was, and will be in the old and new covenant, Eternal Jehovah, Jesus Christ, Messiah, all beautiful, all true, all holy, all loving and all merciful in the old and new covenant. Thou has said: Heaven and earth shall pass away, but my word shall not pass away. Thou hast said: I came not to destroy the old covenant, but to fulfill it. Thou hast said: He who sees Me sees the Father. Thou hast said: If ye have true faith Ye can perform the wonders that I have done, yea, will perform much greater wonders than I have done. Come also unto me for the sake of my faith, come also unto me for the sake of Moses, Thy messenger of faith. Reveal unto me Thy mysterious name from Jehovah, as Thou once did to Thy fire prophet Moses, in solitude; come and say unto me in love, through the heart of Moses, and with the tongue of Aaron, I pray thee, O my Father to bless me and fit me for the duties of this holy day. Amen.

NOON PRAYER.

Almighty Father, we look to Thee for all things. We realize, O God, our great weakness, without Thee, O Lord, we can do nothing; with Thee, O God, we can do all things. We pray Thee to protect us with thy tender care, and ever guide our footsteps into the path of Holiness. Remove from our hearts all that's evil, we pray Thee, for His holy name. Who died upon the cross for our sins. Help us in all trouble, bless those who are weak, help those who are in need. Amen.

A PRAYER AT NIGHT.

Our Father, Who art above all, the King and Ruler of all good, bless us and pardon us of the sins we have committed this day. Grant that we may live closer to Thee in the coming morn. May the heavenly forces reveal to our souls all that is good, as it is our desire to please Thee and Thee alone. Save us with Thine own power. I pray that Thou wilt hear my cry, and give ear to my supplication and be merciful to me at all times. Help me, O Lord, to help others. Amen.

Valuable Information.

Now, dear student, we wish to state that we have given you in this higher course of instructions in Spiritualism just the desired information you have needed in order to enable you to become practical.

If you have followed our instructions and mastered the lessons one at a time, in the order in which they are given, you have met with success, you are now ready to enter into the next course known as Series B, part two, Hypnotism.

We can also assure you that the next work is the greatest of the age, which will enable the student to start out into the field of profit in a very short time.

It is so simply written that you can not help from mastering it.

Read carefully, and remember what you read.

We have given you every higher point and secret of importance in all the courses, and each course as you will see gives greater knowledge of Occult Science.

We want you to write us as you go along, tell us how successful you have been. We take great pleasure in reading the good reports from our students, and the good work they are doing.

Write us a report of what you have demonstrated, the number of people you have operated upon, and the various uses to which you have put the instructions.

Remember you cannot make a success of any subject with a smattering knowledge of it.

There is but one way to obtain a thorough knowledge of any science, and that is to master each lesson as you go, when you do this, success is sure to crown your efforts.

Don't fail to write us as often as you deem it necessary, we will take great pleasure in answering all questions, that is to say, pertaining to your Courses and instructions. **INCLOSE A STAMP FOR IMMEDIATE REPLY.**

May the blessings of God and the good spirits be with thee and thine forever.

Your humble servant.

Dr. Theo. H. White.

Address all letters of communication pertaining to your courses to the department of information, as follows:

Dr. White's College of Science,
Department of Information,
Baltimore, Md.

NOTE.—We desire each student after studying these lessons to write us a letter describing in his "mental vision" the way he sees our private offices, how situated, the number of pictures, chairs, desks, etc., if correct we will know you are an adept and will pronounce you a worthy graduate, and immediately send you a beautiful DIPLOMA FREE, with our seal attached and the student's full name and title most artistically engraved upon it.

The diploma which we issue from our college of science is very large and exceptionally handsome. Every student should have a diploma from our college, as it proves to your friends and the public, that you are the master of a most wonderful science.

After reading this, don't say "O, I cannot tell how many pictures there are, or I cannot see this or that." All you have to do is to place confidence in your spirit friends, and they will do the work for you. Matters not what you see or how you see it, be sure to write and tell us. We have great faith in our work, and know full well that each and every student can graduate.

This wonderful science is growing all over the world most rapidly, and your diploma will be worth much to you in the future. We desire you to frame your diploma and place it in your office or parlor. Let the world know that you have accomplished one of the greatest forces on earth.



HYPNOTISM.

HYPNOTISM AND WILLISM.

SERIES B.

PART 2.

What Is Hypnotism?

WHAT IS HYPNOTISM?—Let us begin our survey of the field by attempting to answer this important question. And here, at the very start, I am compelled to admit that it is easier to describe Hypnotism than to tell what it is. A like difficulty occurs in regard to many other phenomena of nature. Everybody is familiar with heat, with electricity, with pain, and yet never has scholar or scientist given us an accurate definition of either one. Just try it yourself for your own satisfaction.

Hypnotism, then, like the phenomena just named, must needs be known by its appearances and marvelous effects. The word Hypnotism comes from the Greek and signifies ASLEEP. The primary feature of Hypnotism is that by certain simple methods one person casts another or several others into a trance-like sleep. A power which emanates from the former, which the latter must obey. The person using this wonderful but simple power is called the Hypnotist. Those whom she or he Hypnotizes are termed the Subjects.

But the Sleep! It is the character of that extraordinary sleep and the prodigies that occur in it or spring from it which render Hypnotism one of the greatest surprises, and one of the greatest miracle workers in the realms of nature. The Hypnotist is all-powerful. The sleeper (the one hypnotized) knows nothing of his surroundings, and yet he can see, move, talk and act in whatever direction the Hypnotist may wish, and in no other. The faculties thus used are even more vivid than in his waking hours, although when released from the spell not the slightest trace of what has happened in it clings to his memory.

Through this great power men have been known to sign checks for large sums of money while under the influence, and yet not be the wiser of it. Women have been known to say and do things they would never have dared to do if not under the influence. It is a power that will lay the world at your feet. But we trust that no one will ever use this wonderful power only in an honorable way for the benefit of mankind.

Hypnotism is the mighty and powerful force conveyed to the eye by the mind and soul; every spark of vitality in the human organism is collected together and concentrated in one irresistible power, thus controlling both mind and action of the person on whom the force is applied. The better name for this wonderful force is Willism.

EXPERIMENT FOR STUDENT.

Operator Demonstrating to Subject the Power of Magnetic Current.



PICTURE SHOWS DR. WHITE EXPLAINING THE POWER OF MAGNETISM EMANATING FROM THE FINGERS. FELT IN THE SUBJECT'S ARM. (LEFT.)

POWER OF MAGNETIC CURRENT.

LESSON I.

First Test.

When you desire to demonstrate to a subject the power of vital magnetism, have him stand directly in front of you, with his left arm (naked) projected toward you, as shown in picture. Request him to make his arm perfectly rigid, and the fingers perfectly straight, and at the same time held tightly together. The operator should close three of his fingers tightly into the palm of either hand, allowing only the forefingers (index) and thumbs to project, thus forming the shape of horseshoe magnets. Place them about one-half of an inch from the subject's flesh, just a little below the elbow; then draw your hands slowly down the subject's arms to the finger tips, and back again toward the elbow. In doing this a power will be felt similar to a cool air blowing on the subject's arm. This power is known as Vital Magnetism, emanating from the operator's body.

IN SOME CASES the subject will feel a warm air; when the latter is experienced it denotes that the subject also has a healing power, and the two forces coming in direct contact causes the current or force to be felt by both operator and subject. This same force or current is used for magnetic healing, and when applied to the afflicted parts will affect a permanent cure.

FURTHER EXPLANATION.—This magnetic current is a fine purple fluid, invisible in the natural state, but distinctly perceptible in the magnetic state, which passes from the magnetizer to the person magnetized. A fuller account of this experiment is given in our course in Magnetic Healing. This power can be felt with greater force with those who are sensitive.

EXERCISE FOR ABSORBING ENERGY.

LESSON II.



THE MAGNETIC MAN WELCOMES FORCE THAT OTHERS DREAD, BECAUSE HE CAN EXTRACT A PRECIOUS POWER THEREFROM.

AN EXCELLENT EXERCISE FOR ABSORBING ENERGY.—I will now give explicit information regarding the exact method of conserving energy. Suppose you feel yourself attacked by a desire or temptation of some kind. Ordinarily, it would annoy you, to say the least. But now you recognize and welcome it as just so much new force for your battery—so much capital. Now concentrate your mind on this desire—get the benefit of its full force, and then begin slowly to inhale a loud, deep breath to the extreme capacity of your lungs. This should occupy about ten seconds. As you draw in this breath repeat mentally to yourself, “I now consciously appropriate the full force of this desire.” Then hold your full breath for about ten seconds, and repeat mentally, “I now consciously absorb this force, and it is henceforth my own power.” Lastly, exhale the breath for ten seconds, slowly and evenly, repeating mentally, “I now have perfect balance and poise with which to control the magnetic force I have been storing.” This may be repeated several times, and as often as you desire.

I give this breathing exercise not only as a suggestion to fix the idea of appropriation, absorption and poise, but also because it is now generally believed among mental scientists that there is a close relation between the lungs and the emotional nature of man.

OUR SYSTEM OF TEACHING MAGNETISM AND HYPNOTISM.

(WILLISM)

(SELFISM)

LESSON III.

STARTING OUT UPON A COMMON-SENSE BASIS.—So far as we know we give the only course which starts the student out into the field upon a common-sense basis of hypnotising and placing people under hypnotic control. All other courses give instruction to put the subject to sleep first. We will say this is a very good plan, if you have no trouble in getting subjects; but seemingly there is always a great dread on the part of most people of going into an unconscious condition. By our system you commence with your subject on tests in which they are not hypnotized, thus causing them to have confidence in your work, and at the same time they are not afraid to allow you to go deeper and deeper into the experiment, by producing slight hypnotic effects, and lead them from the slight effects into the deep stage of hypnosis. It is absolutely unnecessary to put your subject asleep in order to fasten his hands together; but we find there are a great many teachers who give such instructions, we beg to say there are many persons who cannot readily be put to sleep whose hands you can easily fasten.

By first showing the subject how the magnetism can be applied to the body, and its wonderful effects, as shown in Lesson I, first test, and then by fastening their hands, you may gradually lead them from one test to another, until you get them into the sleeping stage. It is, as you should know, decidedly contrary to reason and judgment to undertake the task of throwing every person that you meet into an unconscious condition upon the first test, because they are apt to resist you, instead of assisting you. For instance, you were a young man, and would chance to see a lady on the street; you would hardly be foolish enough to walk up to her, and ask her for her company. If you wished her company, you would first try to become acquainted with her; you would try to get her to like you; you would, in a genteel and refined way, lead her on gradually. This is one successful method.

LESSON IV.

THE CAUSE OF SUCCESS.—Again, as stated, by using the physical tests first, you give the subject confidence in your ability, and at the same time gain confidence in your own ability. These are the tests with which you develop the real power of hypnotism; you learn to influence people without putting them asleep. In time you will get so you can throw people into the deepest sleep, or stages of hypnosis, without resorting to the instructions that, so far as we know, are given by all other teachers for the production of the hypnotic influence. This is why our students meet with such wonderful success, and why those who learn our system are able to hypnotise so many more subjects or people than those who use the older methods.

LESSON V.

THE CAUSE OF FAILURE AND DISAPPOINTMENTS.—The majority of those who pretend to teach Hypnotism and the power of Personal Magnetism have not mastered the real underlying principles of the law, and we find they entirely ignore many of the constituent elements of success. By the old methods, which are taught by most teachers, it is utterly impossible to go into a promiscuous audience without any subjects whom you have previously hypnotized, and give uniformly successful demonstrations. You may by mere chance be successful once, but upon another trial you may fail. How often we receive letters from people stating they bought courses from so-and-so, but they find, after reading and studying them, they are unable to put persons asleep; and they claim they cannot learn anything from the lessons which they received from others. Why is it?

It is, dear student, simply this: The old method of teaching starts the subject out in the wrong way. It is, as previously stated, those pretending to teach this grand and beneficial power, have not mastered the real underlying principles; therefore, how can you expect to meet with anything but complete failure?

THE CAUSE OF GREAT SUCCESS.—Those who use our system are the only people who are able to give hypnotic entertainments before private and public gatherings, without the use of subjects who have been previously hypnotized. As will be clearly seen from our many published testimonials received from our graduates, we are constantly receiving letters from our students claiming they are able to enter into a private or public gathering, and put ninety per cent. of those taking part in the experiment asleep. No one else offering a course in Hypnotism has ever taught their students anything of this character. By the method which others teach it is utterly impossible. We only make this statement to show you the necessity of following our instructions exactly as outlined in the course. We put you in possession of the best and surest methods that have ever been discovered by any teachers known today, and many of our students are making plenty of money.

IMPORTANT EXPLANATIONS AND DIRECTIONS.

LESSON VI.

BE SURE TO READ EVERY WORD.

READ THE INSTRUCTIONS WITHOUT FAIL.—Be sure that you thoroughly understand just what to do before attempting to operate upon anyone.

If you stop to think and wonder what to do next you will never influence anyone. Be sure to go about your work in a way to prove to people that you are the master, and thoroughly understand what you are doing. Your name will soon spread from ocean to ocean.

Do not expect to hypnotize everybody you meet or try upon. Remember all successful operators and noted hypnotists came to be such only by patience and long practical experience.

NEVER GIVE UP.—If you do not succeed with the first eight or ten that you try, do not give up, but keep trying. Try fifteen or twenty different persons, and even more, if necessary; and just as sure as night and day you will find many that you will be able to hypnotize. You cannot possibly fail if you will read our instructions carefully. After you once hypnotize two or three, you will find it easy, and soon you will be able to affect the majority of those whom you try; and with constant practice you will be able to hypnotize 80 or 90 per cent.

LESSON VII.

THE GREAT DRAWBACK is hypnotizing the first one. Remember, it is a known fact that a good hypnotist might possibly try ten or more people, and not hypnotize one of them, because they resist. They may say they do not, though they positively do. With different people the whole number may be affected. Be sure to make due allowance for this. If you do not meet with success it will be only because you fail to follow our instruction. Many read and think they are doing just as we direct them, when they are doing nothing of the kind. All that is necessary is to read the instructions slowly and carefully a number of times, and study them well until you know each word

as well as your name, and if you are determined you cannot possibly make a failure, we are as certain of you making a success as we are of living. After you hypnotize the first two or three you will have great confidence, and you will be more than surprised at your wonderful work.

THE POWER OF SUGGESTIONS.

LESSON VIII.

GIVING SUGGESTIONS.—You must be sure to give all your suggestions in a very positive tone. A feeble, silly way of speaking never accomplished anything. Be a person of force and character, as we have explained in the first part of this course. Speak positively, and directly to your subject. Do not give up until you have tried at least forty persons between the ages of eighteen and thirty-five, and be sure to carry out our instructions while trying to the letter.

WE ASK YOU to do this because we know full well that after you hypnotize one or two the work will be very easy, and you can then influence a very large percentage. There is a certain knack required, like in all other experiments, and while all of our students get this knack very readily from our instructions, and can soon hypnotize, still there is occasionally one who has to try over and over before he acquires just the proper method which we have so plainly outlined. We are pleased to say many who find the work a little difficult at first make the finest hypnotists.

YOU CANNOT FAIL.—Many of our students read the lessons over a few times, and easily hypnotize the very first ones they try, putting them into the deepest stages of Hypnotism, and producing most remarkable feats in catalepsy, etc. Write us if you at any time want help, always enclosing stamp for immediate reply.

WE HAVE NEVER HAD A SINGLE STUDENT TO MAKE A FAILURE in any of our lessons, and we never expect to have one to do so. Everything is so plainly written, and we are going to take such interest in you, that you must succeed. Failure in any of our works is impossible.

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LESSON IX.

LEARN EACH LESSON THOROUGHLY BEFORE TAKING UP THE NEXT.

PERFECT CONFIDENCE.—To be successful in influencing people you must have perfect confidence and perseverance. A weak disposition never accomplished anything. People are either going to influence you, or you will influence them; at the start you must determine whether you will be the master or servant. A sweet expression, a positive look, and a low tone of voice are the necessary elements with which to control people.

UNSEEN FORCE.—There is a subtle, unseen force, by which people are influenced and controlled, by which the minds of the great masses are swayed, like the ship is tossed upon the mighty ocean. This secret power may be acquired by everyone who is willing to take the time to accept and master it. The Great Master of the Universe has not only given it to the few; it is a power inborn in every person, and all that is necessary is for you to put forth an effort to achieve the success which is intended by God.

SUCCESS IS YOURS IF YOU WILL ACCEPT IT.—Determine to succeed, and you surely will. If you undertake this great study in a weak, don't-care, half-hearted way, or if you go about it differently from the way we have given, it is far better that you had never undertaken it. Why we say this is, we do not want you to fail; we do not want you to be disappointed, and we will promise you that you will be more than satisfied with your success if you will do as we direct. The greater your deficiencies in Personal Magnetism, Magnetic Healing and Hypnotism, the harder it will be for you to master these sciences. Bear in mind that knowledge is the kingdom of the soul.

LESSON X.

INSTRUCTIONS MADE PLAIN.—We have spared no time or pains to make our courses and instructions plain. We have only written what we know to be the best and most instructive. Our system of teaching is the result of long experience and much hard study.

As Hypnotism and Personal Magnetism are ordinarily taught by so many, it causes the average individual to become disgusted, and thus give up with condemning ideas. They start the student out wrong. It is a known fact that thousands have mastered our instructions in Spiritualism, Development of Mediumship, Hypnotism, Personal Magnetism, Magnetic Healing, etc., and are daily applying it with the greatest success. This is enough to prove the wonderful value of our courses.

We have hundreds to write us stating they have tried many other methods only to find them too obscure and difficult to be put into practice. Any and all can learn our method and system.

ONE ASSISTS THE OTHER.—We will advise our students to study our course of instructions in Spiritualism and the Development of Mediumship, and it will greatly assist the student in mastering the laws of Hypnotism and Personal Magnetism.

THIS MEANS MUCH TO YOU.—In taking up the study of these important subjects you must remember you are entering out in a great field of Science, a new sphere of life. It will mean much to you, as you are taking a new step; your success may mean a fortune in future for you, as we firmly believe each of our students will devote all time in future to this wonderful profession. Matters not what your other capabilities or intellectual attainments may be, if you lack the power and ability to influence people you will never achieve your full amount of success. If you master Personal Magnetism and Hypnotism you will then have a full knowledge of personal influence, which is the greatest guide to success in the world.

LESSON XI.

MATTERS NOT how simple our instructions may seem to you, all we request of you is to follow our words in every detail. Do not pass your opinion upon the matter in question until you have given it a trial; remember, the greatest things in life are many times the most simple. It may appear to you that our instructions are too simple to produce the astonishing results which we claim; but if you will make up your mind to master them you will praise them even higher than we do.

WHAT OUR STUDENTS SAY.—The greatest praise that has ever been given, and the strongest opinions that have ever been expressed, are the words of praise which come direct from our many successful students. They write and tell us daily that they are more than satisfied, and can perform greater feats than we ever claim they would do. Their own words are constantly advertising us all over the world. There isn't a day but what we send a helping force to our students. We know these works are of untold value to you, even if you never use them for professional purposes.

HYPNOTISM AND MAGNETISM.

(WILLISM)

(SELFISM)

LESSON XII.

STUDY HUMAN NATURE.—We have given you in the course of Spiritualism, or the Development of Mediumship, Series A, full instruction of reading human nature; and when you find a person contrary, be sure and read his exact nature; then operate accordingly.

If you wish to exert a lasting and most powerful influence over a person, never allow him to think you are affecting him; operate on him in such a manner as to make him think he is doing every act that he performs according to his own free will and accord. When controlling persons use judgment; use your power of clairvoyance; look through him; study his nature. That is our chief reason for teaching you the power of reading persons before you take up this study, as it is known to our many students that the power of reading the nature and characteristics of man will enable the operator to exercise a greater hypnotic power or influence. No two persons are alike; no two persons can be influenced alike. What will effect one will not effect the other; but we positively know that all persons can be influenced. We do not expect to teach you in a day how to influence every person you chance to meet; but if you will follow our directions implicitly we will guarantee to develop in you a power that will enable you to influence 80 per cent. of those with whom you come in contact. Practice makes you perfect; the more you practice, the more powerful you become, and the more influence you will have over those you meet.

LESSON XIII.

IMPORTANT, BUT SIMPLE TESTS.—For the purpose of developing in you the power of Hypnotism and Magnetism, we have devised some excellent, but yet very simple tests. If you succeed with these tests we have outlined for you you can surely succeed with the greater one. If you can successfully master the first five tests we herein give, your success with Personal Magnetism, Magnetic Healing and Hypnotism is positively assured, and you will soon be able to master the full tests of all these sciences.

SERIES A, SERIES B, SERIES C, SERIES D, SERIES E, SERIES F, SERIES G.—We have formed our full set of courses in Seven Parts, consisting of many most valuable lessons; therefore, we request our students to study each series carefully, taking one part at a time, studying one lesson at a time.

METHOD OF STUDY.—Take the tests in order, and study each one thoroughly. Do not read the last part of any of the instructions until you have learned the first part. Many persons have a bad fashion of reading through the entire courses before learning any of the lessons thoroughly. This we positively speak against, as it only fills the student's mind with too many things at once, and may prevent the rapid development which would otherwise be gained, if studied according to instruction. On this one particular account we have been compelled to issue our courses in different parts. And we do not desire you to study the second or third parts or courses until you have obtained a fairly good knowledge of the first course or part. This is done for your own interest, as well as for our own welfare. It is wasted time for a teacher to start a young scholar out into a fifth reader before he has learned his A B C's.

For this purpose we have arranged our courses of instruction in parts. Without a thorough knowledge of the fundamental principles of any science, higher ideas and instructions are worthless and useless.

HYPNOTISM AND MAGNETISM.

(WILLISM)

(SELFISM)

LESSON XIV.

FIVE IMPORTANT BUT SIMPLE TESTS.

GREAT IMPORTANCE TO OUR STUDENTS.—We request you to study each test as it is herein given. You should thoroughly understand and master the first test before beginning the second; and you should also be able to master the third before beginning the fourth, etc. Unless you learn these instructions as you go, and also do just as we tell you, we positively will not be responsible for your success. If you will do just as we direct, we will guarantee you have wonderful success.

LEARN IN REGULAR ORDER.—If you will learn the first five tests as explained, you may feel assured you will have no trouble in mastering any phase of Hypnotism, Personal Magnetism, Magnetic Healing, Mind Reading, Spiritualism, White and Black Art, Suggestions, etc. After you master the test you will then appreciate the value of this wonderful system.

WORK AND STUDY.—Under no circumstances should you use the fifth test until you have mastered the first, second, third and fourth tests. Study the first and second tests thoroughly, and you will find yourself ready to use them on any one with whom you chance to come in contact. If you do not succeed with the first person, try another, and so on. After you get the knack of the first and second tests, you will have no further trouble in influencing people with any of the tests.

SPECIAL REQUEST.—Should you chance to meet a friend and he tells you that he is studying a science, or course of instructions like these, which he claims to have gotten from some other college, at once inform him of his sad mistake, for there is no other college in the world to-day teaching these methods. Dr. White's College of Science is the only college teaching Willism, Selfism, and White and Black Art, and in addition to these wonderful sciences, you are also taught the newest and most powerful secrets in Spiritualism, Hypnotism, Personal Magnetism, Mental Healing, Magnetic Healing and all branches of Occultism. Therefore, you can safely say that your instructions are the greatest methods in the world.



HYPNOTISM AND MAGNETISM.

(WILLISM)

(SELFISM)

LESSON XV.

SECOND TEST HOW TO RELAX THE MUSCLES.



SHOWING MRS. DR. WHITE DEMONSTRATING TO THREE STUDENTS.

RESTING THE RIGHT HAND ON LEFT FINGER.

This is a test which we give for the purpose of teaching you the method of relaxing your muscles, which you will find very beneficial, not only for your subjects, but also for yourself. It is an excellent exercise. You may use this test on anyone with whom you chance to come in contact. It is better to make it on a number of persons at once. We find it is seemingly difficult for many persons to relax their muscles completely; it is hard for them to put themselves in a passive state. Many persons do not obtain the rest they should when they sit down. Many times you will hear them say, "Well, I feel more tired now than before," for the simple reason they are unable or fail to relax their muscles. They keep them on a tension all the while; consequently tired all the time. A person who can lie or sit down in a position, and completely relax every one of his muscles, can obtain more perfect rest in five minutes than a person who does not, or cannot, relax his muscles will obtain in one hour. It is very easy for anyone to learn to put himself in a calm, passive state—to relax his muscles. There are many persons who do relax their muscles who have never been taught to do so. It seemingly comes natural for them to do so; that is why they maintain their youth and activity. Many persons can do so without instructions. Some require but a few minutes to learn; then, again, some require days, and even weeks. You should use this particular test on yourself, as it is very important that you learn how to put yourself in this passive state in order to secure perfect rest after you have exerted yourself and desire rest. We do not mean that you should learn this second test for the purpose of hypnotizing persons, but you need to be able to relax your muscles for the good it will do you. It will prevent you from becoming nervous. It will lengthen your

life, and enable you to maintain youth. Many persons complain of being so nervous, and suffering from constant nervous troubles. All this trouble is brought about for the reason they are unable to put themselves in a passive condition. They keep their nerves and muscles constantly in a work, and as you should know will, in a short time, wear out an iron constitution. We will add right here, this is a wonderful test for you to use when you are healing a patient with Magnetism, when you call to see a sick patient, and find they are able to sit up, be sure to explain to them the nature of this valuable exercise.

You can talk to your friends on these points, after which you should propose a test, which will ascertain how many can relax their muscles without practice, and how many cannot. We also give these tests to enable the student to get subjects for greater tests, as when subjects realize these simple tests are so powerfully beneficial to them they will willingly take up other tests with you, thus giving you a chance to practice one after the other.

LESSON XVI.

HOW TO PERFORM SECOND TEST.—Request those present, whether there be one, two or more, to place the right hand upon the left finger, according to illustration on preceding page. Tell them to allow the full weight of the right hand to rest upon the finger; the finger is merely used as a support. After you have given these instructions exactly as we have advised, ask your subjects if they really think they are doing exactly as you have requested. Then say again, "Now, are you sure that the full weight of your right hand is resting upon your left finger?" You may repeat this over again, so they will give more and more to your directions. If they tell you yes, then say, "I will prove it. When I count three I wish you to remove your left hand, quickly dropping it to your side. We are ready! One, two, three!" As you say "three" the persons should remove the left finger from the right hand very quickly. You will find if they have relaxed their muscles the right hand will fall at their side as the left finger is removed from under the hand.

LESSON XVII.

POSITIVE EVIDENCE. It is positive evidence that if you place an object into your hand, or upon your finger, and then remove your hand or finger quickly, the object will immediately fall to the floor; so if the persons do just as you direct them, that is, if they let the full weight of the hand rest upon finger, it is positive that when their fingers are removed the hand will surely fall. If the hand does not fall, you will know that the persons are not doing as you requested that is, they positively have not relaxed their muscles.

In many instances you will find that the hands will remain up in the air. Should the hand fail to fall, but remain up, you should then explain to the subject that they have not done according to your instruction; that they have failed to put themselves in the desired passive state, and be sure to get those who were unsuccessful to try again. Upon the second trial you will find a greater number will be able to do just as you tell them. Remember, the right hand must not be forced downward, but as stated all the muscles in the right arm and hand should fall at the side as though it were perfectly dead, just the same as any object would fall. When persons can perform this test as we have directed, they are always sure to find perfect rest, power and comfort. If anyone finds he has not this ability, he is cheerfully advised to practice it until he attains it. We find the greatest number of persons who are cross, fretful and sickly. Why? Simply because they cannot put themselves in a passive state; consequently they are always tired. They want this, and they want that. In fact, they do not know what they want—simply due to the want of relaxation; they want rest, which they are not able to get otherwise than by the above method.

WHEN PERFORMING.—Never go around telling people anything about Hypnotism. When you are performing any of these tests never tell people you can hypnotize them. Do not say anything about putting them to sleep, as it will, in many cases, cause them to fear you, especially before they have fully mastered your exact ideas. In case you desire to speak of your work, tell them of Willism and Selfism, this is something entirely new to them, and naturally they will be anxious to learn something about it, then you will have the opportunity to display your great knowledge.

HYPNOTISM AND MAGNETISM.

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LESSON XVIII.

THE THIRD TEST—DRAWING SUBJECT BACKWARD BY INTENSE CONCENTRATION.

UNDER NO CIRCUMSTANCE should you dare undertake this test until you have thoroughly accomplished every detail in Lesson XV, and have been successful with the second test. If you fail to do just as we tell you we will not be responsible for your success. We know you cannot fail if you will only do as we instruct. Now, if you have been successful with the second test, and feel that you clearly understand Lesson XVI, you are ready to start with the third test.

PROCURING PROPER SUBJECT.—For the third test or experiment try in all cases to select one whose hands fall at their side quickly, as previously explained—someone who is able to relax his muscles. Those who cannot completely relax their muscles are not the proper subjects to procure for this experiment. You must remember you are only a beginner, and it is necessary for you to try if possible to get those whom you have previously influenced. You cannot expect to be as wonderful as those who have had greater experience, or those who are experts.

PROPER POSITION.—After you select the subject for the third test, ask them to stand up, with feet closely together, and head upward and hands at their side, concentrate their mind and relax every muscle. In order to ascertain if the subjects have relaxed their muscles, catch hold of them and pull them slightly back; if the subjects come back easily they are doing as you desire them. If you find it is a little difficult to pull them back at the slight pull you will then know they are not doing as you told them. At once explain to the subjects that they should not resist the influence, but when they feel inclined to fall backward, they should give into the influence, and let themselves go, and you will surely catch them.

METHOD OF OPERATION.—If he is standing with muscles relaxed and mind concentrated put the index finger and thumb of your right hand at the back of his head, near the base of the brain, as illustrated on following page. (Lady and gentleman).

HEAD RESTING ON FOREFINGER AND THUMB.

LESSON XIX.



THE POWER OF THE MAGNET.—The object for using the forefinger and thumb, as described, we beg to state that the magnetism emanating from the student's hand or body will have the same effect upon the subject's brain as it has upon the arm, which is illustrated and explained in Lesson I.

SHOULD YOU FIND that the subject's head is not resting firmly upon your forefinger and thumb, put your left hand on top of subject's head, and push his head firmly against your finger and thumb. Ask the subject to deeply concentrate the mind, and think of falling backward; tell him to repeat to himself these words, "I am falling, I am falling, I am falling backwards," etc. Hold your hand perfectly still for at least twenty seconds, and at the same time think to yourself, "You must fall, you must fall, you will not be able to resist my power." Then speak out to your subject in a low but positive tone, "When—I—withdraw—my—hand—from—your — head—you—will — find—that—you—will—fall—backward. You are now falling; your head is heavy; you are falling, falling backward." Now remove your right hand, by slowly drawing it toward you; at the same time raise your left hand, step backward from your subject a little, and then hold both hands toward your subject, as illustrated in the following: Be sure to give suggestions (you are falling, you cannot stand still).

Remove your right hand very slowly at first, that the motion is hardly felt by the subject. While you are now standing with both hands outstretched toward the subject, constantly say to the subject, "You are falling, you are falling." Then move your hands toward him and backward slowly for several times. In all cases be sure to catch the subject; never allow him to fall and hurt himself. If you find he does not fall backward at first, it is well to repeat the test. In making this test, some persons work too rapidly. The more slowly you work the more likely you are to affect the subject. Your manner of speaking has much to do with your success. Do not speak sharp, blusteringly, but speak moderately and positively. Be sure to use your will at all times.

KEEP TRYING.—Should you not succeed in affecting the first person, do not get discouraged; keep trying, and try another until you do succeed with someone. After you affect one or two per-

sons you will then have no trouble. By constant practice you will soon be able to influence ninety per cent. of all those you try.

DIFFERENT SUBJECTS.—After you have used the experiment of falling backward on those whose hands fall at their sides, use this same test also on those whose hands do not fall, as you are apt to affect a large number of those who do not try to comply with your request.



**ILLUSTRATION OF STUDENT AND SUBJECT DRAWING SUBJECT BACKWARD BY
MAGNETIC CURRENT AND INTENSE CONCENTRATION.**

In all cases when operating upon subject, be sure to hold your hands in such manner to form a horseshoe-shaped magnet, as the magnetic current will have a greater effect upon the subject; in fact, it is sent from student direct to subject.

HYPNOTISM AND MAGNETISM.

(WILLISM)

(SELFISM)

LESSON XX.

DRAWING THE SUBJECT FORWARD—FOURTH EXPERIMENT.

Never use the fourth test or experiment until you have mastered the third, and have also mastered the full lessons. For this test you can select the same person whom you successfully caused to fall backward, or anyone whom you have successfully caused to fall backward. Ask him to stand up straight in front of you, and relax his muscles, as stated in previous experiment. Place your four fingers of either hand on his temples, and thumb directly under his eyes, as shown in the following illustration. Hold your hands perfectly still for twenty seconds. Ask your subject to look directly into your eyes, and you should look directly at the root of his nose, between his eyes, with a firm, steady, positive look. After holding your fingers upon the temples, and thumbs under

the subject's eyes, and steadily looking at the root of the nose, as directed, for about twenty seconds, say to the subject in a slow, but positive tone: "Now, when I withdraw my hands from your temples you will feel a force drawing you forward; you will fall forward." Withdraw your hands very slowly from the subject, and as you do, say to him, "You are now falling; your body is coming toward me; you are falling forward, you are; you can feel yourself falling; you are falling."



DRAWING SUBJECT FORWARD WITH MAGNETIC CURRENT AND SUGGESTIONS.



WITHDRAWING HANDS FROM SUBJECT AND SUBJECT FALLING FORWARD.

Do not give up, should you chance to fail in the first trial. Continue until you succeed. When you withdraw your hand, repeat to the subject, as directed in previous experiment. Be sure to explain to the subject in all cases they must not resist you.

HYPNOTISM AND MAGNETISM.

(WILLISM)

(SELFISM)

LESSON XXI.



STUDENT FASTENING HANDS OF SUBJECT BY HYPNOTIC SUGGESTIONS.

Fifth Test.

HOW TO LOCK SUBJECT'S HANDS.—Do not attempt this experiment until you have been successful with the four preceding. For this test be sure to select someone whom you have been successful with in the falling forward. Ask him to stand up with his feet close together, and for a few moments to look you steadily into your eyes; then explain to him what you are going to do, and in no case tell him anything about Hypnotism; just tell him you are going to put his hands together. Now ask him most pleasingly to put his hands together, so as to lock one finger in the other, or between the other. Now, say to him: "Push your hands tightly together;" and make his arms perfectly stiff and rigid; and to think that he cannot pull them apart, then tell him to repeat mentally the words, "I can't get my hands apart; they are tight; they are positively fastened together. I can't possibly get my hands apart," etc. Remember, that the subject nor the student must treat the matter frivolously; don't laugh, but be positive, and make up your mind that your subject cannot take them apart; and continually give suggestions (mentally) that he cannot take them apart. The subject must actually think they are fastened together. The operator should place the subject directly in front of himself, take the hands of the subject tightly in his, and say: "Look me straight into the eyes; do not look away, but look directly in my eyes." The operator should look steadily and firmly between the subject's eyes just at the root of the nose; and at no time remove them for the

slightest moment. This must be continued for at least twenty seconds; then remove your hands and place them at the elbows of subject, and stroke them down several times, speaking in a low tone: "Your arms are becoming stiff; your hands are growing tight," and repeat this five times. Now, say again to your subject, in a most positive tone: "You will find that your hands will stick tightly together; very tight together, tighter, tighter, and you will not be able to take them apart." Now you should press the hands of the subject several times, and at the same time stroke the arms downward; never press the hands of the subject hard enough to cause any unpleasantness. Now, again, take the subject's hands in yours, and say: "Now I will remove my hands, and you will find when I do you will not be able to open your hands, or that you can't get them apart."

After the operator removes his hands from the subject's hands he must continue to give suggestions. Allow the suggestions to become more positive every time you speak. When you give a suggestion, always allow your mind to go with your suggestion. Do not tell the subject that he cannot get his hands apart, and think he can, as many people do. We find there are many who will say, "You can't get your hands apart," and at the same time think opposite. When you say or give a suggestion that he cannot take them apart, mean what you say. Just look at your subject, and think strongly that he cannot possibly take them apart, and you will find in ninety-nine cases they will not be able to take them apart. You positively must have confidence in your work. Do not say one thing, and think another. Say what you mean, and mean what you say; otherwise you will accomplish but little.



SHOWING THE EXACT POSITION IN AWAKENING SUBJECT.
LESSON XXII.

THROWING OFF THE MAGNETIC AND HYPNOTIC INFLUENCE.—As soon as the subject tries hard to get his hands apart, and he is unable to do so, the operator should raise his right hand over the subject's head, and tap him once or twice, very quickly, so as to arouse the subject, and say, very sharply, in a most positive tone, "All right, wake up; you are wide awake; that will do—you are awake," and should continue repeating these suggestions, tapping the subject on the head until the influence has entirely passed off. This result will ordinarily be accomplished very quickly.

Should you find that the subject's hands do not come apart quickly, the operator will know that the influence is still there, and should at once take hold of the subject's hands, hold them for a few seconds, then make a few passes over them, and say to the subject, sharply: "Here, here! stop pulling, stop trying!" When the subject has done so, say, "Now when I count five your hands will come apart." Then the operator should count, "One, two, three, four, five," and just as he says "five," he should tap the subject on the head, as explained previously, and also say, "Now your hands are free; take them apart."

LESSON XXIII.

AFTER BEING SUCCESSFUL.—After you have been successful with the fifth test or experiment, and have fastened a large number of hands together, so that they are unable to take them apart, you might, if you chose, omit the second test, and in the future commence with the third test; but never omit any test but the first and second, and should you desire to effect a large number at once it is better that you commence with the first and second tests, as it will help you to explain your exact meaning to those you are about to operate upon. After you have become thoroughly experienced you can perform any of the tests very quickly. You will get so strong in the work that you will be able to fasten a person's hands almost instantaneously. Do not attempt anything beyond this test until you have mastered to your own satisfaction all the preceding lessons.

THE FIRST FIVE TESTS.—When you have mastered the first five tests, you then have a full, practical knowledge of Personal Influence. This will surely give you implicit confidence in yourself, and you can apply the power in any way you choose.

LESSON XXIV.

FUNDAMENTAL PRINCIPLES.—You must not expect to influence every person upon the first trial. You must remember you are only a beginner. This is strictly a new subject, and you cannot expect to become an expert in twenty minutes' time. Constant practice and perseverance are the means of success. The more you practice, and the more you perform these tests the more powerful you will become, and the more people you will be able to influence. If you can effect people with these tests we have outlined you can affect them with other and more greater tests. The same suggestions that will enable you to fasten the hands of people and draw people forward or backward will enable you to accomplish the much greater things. You are now, dear student, studying the fundamental principles of the great science of Personal Magnetism and Hypnotism. You cannot master or study these principles too thoroughly. Your will and your self determines your success.

LESSON XXV.

COMBINED SCIENCES.—The science of Hypnotism unfolds the secret law of Personal Influence. Hypnotism in every case is the foundation of Personal Magnetism; both sciences work jointly together. Every living being possesses more or less Personal Hypnotic Power, and all is needed is to have the proper knowledge of application.

TO BE A GOOD HYPNOTIST you must be positive; you must persevere. Persevere, and you will soon learn to be positive. You must have a full desire to learn. A man or woman who gives up simply because they cannot succeed upon the first few trials will never be brilliantly successful at anything. We find there are many persons in the world of this character. Such persons will never learn how to use Personal Magnetism, Hypnotism, Spiritualism or anything.

"SEEK FIRST the Kingdom of Heaven and all righteousness shall be added unto thee," saith the Lord. Seek first to learn these lessons according to the way we have outlined them all, and all Occult sciences will be added unto you. Say you will master them, and you will. Say you are going to influence people, and you will. Be positive in what you do. Say to your subject what you mean, and mean just what you say. A man without Personal Magnetism is worthless in this great world. Unless you have perfect knowledge of the application you will constantly be a figure-head for others, who do understand the knowledge of application. We will say you have the possession; we teach you the profession. Possessing the power, without knowledge of its application, is, in one sense of the word, as bad as a man starving for the want of food with a thousand dollars in his pocket, deserted upon an island miles out at sea.

WHAT GOOD IS MONEY IF YOU CANNOT SPEND IT? WHAT GOOD IS THIS POWER IF YOU DO NOT UNDERSTAND HOW TO USE IT?

HYPNOTISM AND MAGNETISM.

(WILLISM)

(SELFISM)

LESSON XXVI.

HOW TO GET SUBJECTS FOR PRIVATE OR PUBLIC ENTERTAINMENTS.

IF YOU HAVE any difficulty in getting a sufficient number of subjects for an entertainment (private or public) start as follows: Get in conversation with some of your friends—those whom you have previously influenced; request them to try to get up a party of their friends (ladies and gentlemen) of at least 20 or 25, if possible. The larger the attendance the better and easier it is for you. Try, if possible, to have a large number when you start your public entertainments. You may be very successful with only a small number, but you cannot afford to take any chances; a failure would do you more harm than a refusal to proceed with a demonstration.

As stated, always try your best to get as many of those whom you have previously been successful with, to be present. It is better to have your subjects between the ages of sixteen and thirty-five when first beginning your experiments.

WHEN YOUR AUDIENCE has assembled stand in the centre of the room, and begin to explain in regard to the difficulty of assuming a passive condition, of relaxing the muscles. Remark that the majority of people keep their nerves and muscles on a sway all the time, and that they can never secure that absolute rest. Tell them of the perfect rest one can get when he can sit down in a chair and completely relax his muscles; tell them of persons who are always tired, miserable and cross; also tell them the cause is all due to being unable to relax the muscles, etc. Explain to your friends who are present some of the many things you have learned in this course. You may say to them: "Let us see who can completely relax the muscles." Speak upon all points according to the way we have instructed you. After talking upon these points for a few moments, then speak out quickly to your friends. "It is much more difficult to relax your muscles than people would ordinarily suppose;" and to demonstrate your statement propose the test of letting the right hand rest upon the finger of the left hand, test No. 2, of this course. If you take a block of wood, and hold it out at arms length upon your hand, then remove your hand the block will naturally fall to the floor; so it be if a man places his right hand on one of the fingers of his left hand, using the finger as a means of support, that the right hand will fall when the support is removed.

If the hand does not fall it is due to the fact that he does not let the full weight of the right hand rest upon the left finger. He does not relax the muscles of the right arm and hand; he does not put himself into that passive condition.

LESSON XXVII.

FROM ONE TEST OR EXPERIMENT TO THE OTHER.—After you have been successful with the second test, say to them that you have another test that you would like to have those make who were successful with the second. Then propose the drawing backward test, or test No. 3. Tell the subject that he must not force himself backward; neither must he resist your influence. He will simply feel inclined to fall backward. Next, propose the drawing forward to those with whom you have been successful on the backward test. Never tell them anything about Hypnotism or Personal Magnetism, or going to sleep. If you will follow our instructions you will be able to influence people with the influence, and even place them in a deep Hypnotic state before they realize what you are doing. After you have been successful with the drawing forward experiment propose the fastening of the hands together. After you have successfully performed these tests you can then take up any of the tests given in this part of our Course.

LESSON XXVIII.

YOU MUST LEARN HOW TO GIVE SUGGESTIONS.—It is unnecessary to give loud suggestions. If you are speaking, or, in other words, giving audible suggestions (perceptible by ear) cultivate a low, positive tone of voice.

EXERCISE.—Go into a quiet room alone; stand before a mirror, and gaze directly at the root of your nose, between your eyes, for ten seconds, and speak out as though you were speaking to a person standing in front of yourself. “You are falling, you are falling backward,” or “You are falling forward, you are falling,” or “Your hands are getting tighter—tighter—tight—you cannot get them apart; they are absolutely tight,” etc. until you learn how to speak in that desired positive manner. This exercise should be repeated for several days. Anyone who cannot give strong, positive suggestions never amount to much in any line of profession or business.

LESSON XXIX.

EVERYONE CAN LEARN.—You can acquire this force of character; you can learn any and all the secrets of Occult Science. If it is difficult for you to learn this influence it demonstrates that you are just the one who needs this course of instructions for every walk in life. If at first you don't succeed, try, try again.

If you at any time need our help upon any of these subjects which we have given here don't fail to write us. We take great pleasure in helping our students, and will say, write us just as often as you deem it necessary. Always enclose stamp for immediate reply.

ALWAYS TRY TO PLEASE YOUR AUDIENCE.—You should always read your audience, and give them that class of explanations that you think will please and make the best impression. In all cases suit the audience; do not try to please yourself. For this reason we find our course in the Development of Mediumship one of the most valuable courses of its kind on earth. If you are a good Medium (clairvoyant or mind reader) you can at all times read their temperaments and characters, and know what they are best suited for, and what they can do best and most easy.

WE BELIEVE that we have given in this course the greatest and best instructions ever known for controlling people in their waking state. By many of the old methods, you are taught to put persons to sleep before you are able to fasten his hands, or making his arms stiff, or controlling him in any manner. This is, indeed, unnecessary; besides it robs the student of valuable practice.

If you wish to control persons in their waking state there is no better exercise than the tests which we give you in this course. After you are able to successfully master the five tests we have described, you can in the same manner cause persons legs to become perfectly stiff, by using the same suggestions; tell them to look you straight in the eyes; place them before you, and at the same time tell them to place their feet together. Then place your hand on their knee, press it tightly for a few seconds; then make passes up and down the limb, slowly. Say to the subject, "Your limb is growing stiff; your limb is growing stiff; you cannot bend it; the more you try the more stiff it will become, etc. Many other wonderful tests can be performed in the same manner.

LESSON XXX.

HOW TO PREVENT A PERSON FROM SITTING DOWN.—Have the subject stand up; place a chair directly behind him. Tell him to look into your eyes. You should look directly at the root of the nose between the eyes. Tell him to make his legs perfectly stiff. Then tell him to take a long breath; at the same time allow his thoughts to go down his spinal column. While he is doing this you should place your left hand on his back, just about the centre, and your right hand on his head. Hold your hands in this position for a few moments, and give him suggestions (mentally) that he cannot sit down. Then speak out, give him audible suggestions that he cannot sit down. Tell the subject to think that he cannot sit down in the chair, and that when you count five he will find that his legs are perfectly stiff and rigid, and that he cannot sit down—the more he tries the more rigid his legs will get. "All ready! One, two, three, four, five! Now you cannot sit down." After the subject tries for a few seconds remove the influence by slapping him on the back of his head lightly; also in the small of the back, and saying, "That will do; wake up; you are awake!" etc.

LESSON XXXI.

SHOWING POSITION OF SUBJECT WHO CANNOT GET UP FROM CHAIR.

HOW TO KEEP SUBJECT FROM GETTING UP.—Have the subject look directly at your eyes while you look at the root of his nose. Tell him to think that he positively cannot get up, and that when you count five he will find that he is perfectly stiff, and cannot get up; he is sticking to the chair, and that he cannot get up; that the more he tries the more tight he will stick. "All ready! One, two, three, four, five! Now you cannot get up; you cannot; you cannot get up!"

It is absolutely necessary in all these tests for the subject to look directly into the operator's eyes, while the operator should look at the root of the subject's nose, until ready to remove the influence. If you find the subject has not been affected, and that he can get up from the chair, you will then proceed as follows: Place your right hand on the back of their head, and the forefinger and thumb of your left hand over their eyes; hold your hands still for a few seconds; then begin to make passes with your right hand from the forehead to the base of the subject's brain, while your finger (index) and thumb of your left hand should be drawn slowly over the subject's face from the eyebrows downward to the chin, curving your fingers so as to form the horseshoe magnet: at the same time say, "You are going into a calm condition now, and you will do just as I tell you." The



CUT SHOWING DR. WHITE STANDING AT SIDE OF LADY, KEEPING HER FROM GETTING OUT OF CHAIR.

operator must now discontinue the passes, and stand at the side of the subject, as shown in illustration, with his hands placed ready to slap them together; but do not slap them together until you give suggestions: "You cannot get up out of that chair. Your limbs and body are perfectly stiff. You cannot get up; the more you try the more tight you will stick," etc.

IMPORTANT. When you tell the subject that they can't get up from the chair, be sure to use your will power, and firmly believe that they cannot possibly get up. Some operators will say to the subject, "You cannot get up, or you cannot do this or that, and at the same time they have no confidence in what they are saying, and they are expecting to see the subject get up. How can you expect to be successful when you say one thing and mean something else. You cannot expect a person to do a certain thing unless you will it to be so. Again I desire to impress upon your mind that these Hypnotic Controls are produced by the power of the Will; Hypnotic sleep is produced by Willism.

A woman or man who has no will power is of but little use to himself or anyone else.

The lack of will power is the sole cause of so many crimes. Think of the thousands of men who are filling untimely graves from the cause of drink. Why do they drink? The question is answered by saying they lack will power.

He that says no and means no, is a success in life. He that says yes and means yes is also a success in life. He that says no and means yes, is a complete failure.

IF IT IS DIFFICULT FOR YOU TO SUCCESSFULLY MASTER ANY OF THESE LESSONS IT CLEARLY DEMONSTRATES THE FACT THAT YOU ARE GREATLY IN NEED OF THIS VALUABLE WORK. CONSTANT PRACTICE WILL MEAN YOUR SUCCESS IN LIFE.

PART II.---Continued.

HYPNOTISM.

WILLISM.

LESSON XXXII.

HOW TO HYPNOTIZE AND HOW TO AWAKEN SUBJECTS.

EXPLANATION.—Now I desire to request the student, before attempting to hypnotize any one, to first give him a good explanation of the subject. First, tell him of the harmlessness of Hypnotism. In all cases remind him of the fact that he cannot possibly be hypnotized against his will; also tell him if he resists you you will not be able to hypnotize him; tell him that in all cases, after he is hypnotized he will awake feeling fresher and better than he felt before he went to sleep. Tell him if he will allow you to place him to sleep that you can cure him of any trouble he may chance to have, or that you can help him to overcome any trouble of his own in the future; tell him that it is absolutely necessary for him to concentrate his mind or attention upon your suggestions; and that if he is hypnotized you will acquire no power over him beyond the temporary influence exerted. Be sure and tell him not to wonder whether he will go to sleep or not, but to make up his mind that he is actually going to sleep. Whenever you start to hypnotize anyone, ask him to repeat to himself the words, “I am going to sleep; I am going to sleep; I cannot resist; I must not resist; but I must go sound to sleep.” Impress also upon the mind of your patient that he will feel so tired and sleepy that he cannot keep his eyes open, or something to this nature. If you can impress the subject or patient so that he is fully determined to go to sleep, so that he will have his whole mind on this one thing, and nothing else, two-thirds of your work is accomplished. Always make your subject feel that you clearly understand your business; never give him chance to think you are just a beginner. Go about your work in a business-like way. Many are afraid they cannot go to sleep; and if they say to you that they cannot go to sleep, say to them, “Well, you surely can, if you will do as I tell you. If you are a strong-minded person you certainly can go to sleep. If you cannot, it only shows weakness on your part. Tell them that only strong-minded people can be hypnotized; also tell them that is due to the fact that it really necessitates a strong mind to exert strong will power. Tell them only strong-minded persons can control their thoughts, and concentrate them on the idea of sleep.

LESSON XXXIII.

IF YOU SHOULD find someone who will tell you they cannot be hypnotized, because they have too strong a will power, tell them they are, indeed, laboring under the exact wrong opinion; tell them if you cannot hypnotize them it is due to the fact that they have no will power whatever; tell them they are weak, and have no selfwill whatever. Then explain to them that a good strong power ought to make them all the more susceptible, as such a will power is indeed conducive to the concentration of the mind; and if they have a strong will power they ought to be able to control their thoughts. The wandering mind indicates weakness, or at least an inability to control one's self. After you have tried them, and find they can open their eyes, after you have given them the

required suggestion, tell them they are very weak, and should practice a little each day, in order to be able to control their thoughts and will power. This explanation will cause them to think deeply upon the desired subject, and at the same time prepare them for your next experiment.

Tell them in all cases to close their eyes, and repeat to themselves, "I am going to sleep—I am going to sleep; I feel so tired and sleepy." This should be practiced by all persons who cannot control their thoughts for at least five minutes each day for several days. After this is practiced at the stated time each day the subject will soon be able to concentrate his mind, and will be an excellent subject for hypnotic experiments.

If the patient has never seen anybody put to sleep, or hypnotized, it is very advisable to put someone to sleep and awake them in his presence before he is tried. This will, in many cases, dispel much of the fear some have who are but little acquainted with the subject, if at all. Never allow the patient to think that if you put him to sleep that you hold any superiority in will power or intelligence; always make him think he possesses a wonderful power of self will, that he is the master of Willism.

OUR METHOD OF PRODUCING THE HYPNOTIC SLEEP.



SHOWING POSITION OF OPERATOR AND SUBJECT FOR THE FIRST STEP IN HYPNOTIC SLEEP.

LESSON XXXIV.

FOR THIS STEP select someone whose hands you can fasten together without any difficulty. Have the patient seated in a comfortable position. The operator should explain to the subject that he intends to place him into a sweet sleep. The operator should now stand directly in front of the subject, not more than two feet away. Point the finger of your left hand at him, and request him to watch the finger closely, allowing his eyes to follow its rotary motion, and to think of sound sleep. The operator should now begin to move his finger round and round in a circle having a diameter of five or six inches. This should be kept up for three or four minutes, at the same time allowing your finger to come within an inch of the subject's eyes, and then drawing the finger away again. While revolving the finger the operator should repeat the following in a low, monotonous, but positive tone of voice: "You are now going sound asleep, sound asleep; your eyes feel heavy; they smart and burn you; you cannot keep them open; you must close them; your eyes are so heavy; you are getting so tired and sleepy; you can't hold them open; they are winking; you are going sound asleep," etc.

These words should be repeated several times, if necessary. If you find that the subject's eyes do not close in a reasonable time, say to him, "Close your eyes tightly; now go sound to sleep."

SHOWING POSITION OF OPERATOR AND SUBJECT FOR THE
SECOND STEP IN HYPNOTISM.
LESSON XXXV.



NOW PLACE the subject's head in a comfortable position, against the chair; tell him to think of sleep—sound sleep. Stand by his side; look firmly at the root of his nose, between the eyes. Close three fingers of your right hand, forming a horseshoe magnet with your forefinger and thumb. Hold it directly over the subject's eyes, as illustrated in the above. Give suggestions of sleep. Next, place the finger and thumb down upon the forehead, just above the brow, and make several magnetic passes, drawing your thumb and finger from either temple to the centre of the forehead. Repeat this process for four minutes, then say, "Sleep, sleep; so sleepy, sleepy; you are going sound to sleep; sound asleep—so tired and sleepy," etc. Always speak in a low, positive, monotonous tone. In all cases tell your subject, after he awakes, he will feel fresher and much better than before entering into the condition.

THIRD STEP IN HYPNOTIC SLEEP.
LESSON XXXVI.

STAND TO THE RIGHT SIDE of your subject, place the forefinger and thumb of your left hand on the subject's head, with the two first fingers of your right hand on the patient's temple. Now move the left hand down slowly toward the spinal column; at the same time place your right hand on patient's forehead, between the eyes, and make magnetic passes toward the temple. This should be kept up for five or ten minutes. During the entire process keep giving suggestions of "You are becoming very sleepy; you are going sound asleep; your head feels heavy; you are going sound asleep, sound asleep—sleepy, sleepy, sleep, sound asleep," etc., as we have explained in second step of Hypnotic sleep.

SHOWING POSITION OF OPERATOR AND SUBJECT FOR THE
THIRD STEP IN HYPNOTIC SLEEP.



SHOWING THE POSITION OF OPERATOR AND SUBJECT FOR
FOURTH STEP IN HYPNOTIC SLEEP.

LESSON XXXVII.



STAND ON THE LEFT SIDE of the subject, place the thumb of your right hand on the root of his nose, and the fingers of your right hand on top of his head. Make passes with your thumb from the beginning of his forehead downward to the root of his nose (all passes to induce the hypnotic conditions are made downward; to throw off the influence, and awaken subject, are made upward). Repeat the following process as in the third step: Speak in low, positive, monotonous tones, "Your eyes are now growing tired; you are getting sleepy; your body is going under a complete change; you are going sound asleep; your hands feel heavy; you cannot hold your eyes open; you are sleeping; you can hear nothing but my voice; you are sound asleep, sound asleep, sleep, sleep; you are now sound asleep, sleepy, sleepy, sound, sound asleep."

THE OPERATOR SHOULD COMMENCE this test over, and repeat it word for word. This process may be continued for five minutes, or even longer. Some operators continue it with great advantage for ten minutes. At the end of twenty minutes from the time of commencing, if you find that the patient is not asleep, the work may be discontinued for that time, or until the next day, when the patient should be tried for another twenty minutes. Always try your best to influence a patient when you once start, and, if possible, never give up the idea until you have succeeded. In some cases it will take two, or even three, trials; then, again, some persons go off to sleep in a few minutes. Always operate upon the subject according to his temperament; when working with a person study his characteristics.

HYPNOTISM.

WILLISM.

LESSON XXXVIII.

HOW TO HYPNOTIZE SUBJECT QUICKLY.



SHOWING POSITION OF OPERATOR AND SUBJECT SITTING FOR INSTANT SLEEP.

FIRST, have your subject seated in a comfortable position, where the light, if any, will not affect the eyes. Then the operator takes a position directly in front of the patient, concentrating his gaze directly upon the root of the nose, just between the eyes of the subject. Remember, student, that it is necessary to look at this particular spot; never allow your eyes to move around; do not look first in one eye, and then the other; but look directly at the spot at the root of the nose. Instruct the subject to look directly into your eyes; tell him to think of sleep. Now take the subject's hands in your own, and gaze intensely at the root of the nose, allowing the knees of the subject to come in contact with your own at all times; have only pure thoughts, and think only of sleep, with all the intensity of your soul. This process should continue for five minutes. At the expiration of said time you will notice the subject will begin to show signs of sleep. Then the operator should begin in a muffled and monotonous tone of voice to suggest sleep: "You are going sound asleep; you feel a drowsy condition passing over your whole body; you cannot hold your eyes open; you must go sound asleep, sleep, sleep, sound asleep, sound asleep; you cannot hold up any longer; you are sound asleep; your eyelids feel so heavy that you must go sound asleep," etc. If you find that the subject does not go into the desired condition, you may repeat the formula of giving suggestions, and after repeating suggestions of sleep for several seconds, then place your forefingers (index) into the palms of the subject's hands, and your thumbs on the back of the hands, just above the knuckles. Press them tightly, and begin to give the sleeping suggestions. You will find that in most cases this will cause the subject to go in a deep stage of hypnotic sleep.

IN ALL CASES this test should be used only on those you have influenced in the falling backward test, or the drawing forward, or the fastening the hands, etc., until you have been able to place several persons to sleep. The more persons you put to sleep the more powerful you will become.

PUTTING SUBJECT TO SLEEP FROM PASSES WITHOUT CONTACT.

LESSON XXXIX.



PASSES WITHOUT CONTACT may be made with the patient, either in a lying or sitting posture, just as you may prefer. If the lying posture is preferred, place the subject in a comfortable position (lying on his back); make the passes very slowly, with your fingers curved about two inches, or even a little more, toward the subject. They can be made downward to his knees, or just a little below the heart. As the passes are made, it is advisable to touch the knees slightly as your

hands are drawn downward. Stand to the left of your subject, and begin with the suggestions as directed in previous experiments. It is understood that some methods affect some people more than they do others. What will put some to sleep will not affect others; but the operator should use judgment in all cases after he has become acquainted with the experiments. When trying this experiment, and you find the subject does not fall into a deep sleep, it is advisable for the operator to place the left hand on subject's heart, and the forefinger and thumb on either temple, and say: "You are now breathing very slowly; you are sound asleep; you are going into a sweet dream; you are now dreaming of me; you feel you are going into the deepest sleep, sleep, sound asleep; your eyes are so heavy; your eyelids are fast tight; you are now sound asleep," etc. Repeat very slowly.

SHOWING EXACT POSITION OF OPERATOR WHEN PUTTING SUBJECT ASLEEP WITH MAGNETIC TOUCH---SUBJECT LYING DOWN.

LESSON XL.



PLACE THE SUBJECT UPON A COUCH, seat yourself closely to his right side, explain to him that you are going to put him asleep, and that he must do just as you tell him; that he must not resist you. Talk to him in a low, but positive tone; have the subject to look directly into your eyes for a minute or two. The operator should sit perfectly still, and gaze intensely at the root of his nose. Tell him his eyes are growing smaller, and he cannot hold them open; he is going to sleep soundly. Then the operator should tell the subject to close his eyes tightly, and think only of sleep.

THE OPERATOR should now place his left hand on the subject's right temple, and his right hand on the subject's left temple, and at the same time make magnetic passes downward to the lower part of the face, constantly gazing at the root of the subject's nose.

These passes should be continued for at least five minutes, and the operator should continue giving proper suggestions of "sleepy, sleepy, sound asleep," etc. After this has been continued for some time the operator may hold his hands still, and repeat the formula of sleep as explained. The light tapping on the forehead is in many cases very effective. The tapping process may be done with all the fingers in the same manner as when drumming with the fingers upon a table, etc.

HYPNOTIC EXPERIMENTS.

WILLISM.

LESSON XLI.

PLACING SUBJECT under hypnotic conditions and creating illusions and hallucinations. First, the operator should put the subject into a deep stage of hypnotic sleep. This can be done in any manner you choose, using either of the instructions we have given you. After you have the subject sleeping soundly, tell him that when he opens his eyes he will see a bull fight, or any vision you may wish him to see. Now, if you wish to make him think he sees a bull fight, or anything of this nature, simply tell him what you want him to see before you have him to open his eyes.

IF YOU WANT HIM TO SEE A BULL FIGHT, tell him when he opens his eyes he will see two great mad bulls fighting, and that he will see a man trying to part them. Tell him he is sitting up in a grandstand watching the bulls, and try to make it appear as vivid as possible, so as to create the greatest hallucination. Now say to the subject in a most positive manner, "Open your eyes!"



SHOWING POSITION OF OPERATOR CREATING ILLUSIONS AND HALLUCINATIONS.

Stand at the side of your subject, place your right arm around his neck, and your fingers of the right hand on his forehead, just above the eyes, as you give the suggestions of opening his eyes. Begin to manipulate very rapidly upon the subject's head with your fingers; if his eyes do not open quickly assist him by drawing your fingers upward. Say, "Now, open your eyes." The moment his eyes are open, begin to tap upon his head again rapidly, as shown in picture. As you do this, say, "See those terrible large bulls down there fighting? My, just look at them! Don't you see them fighting hard? See that man trying to part them?" Continue with the suggestions; it may, in some cases, be a little hard to perform this experiment, but if the subject does not take the sug-

gestions at first do not give up. If you do not get him to see them at first, keep insisting that they are there, and fighting hard, and that he surely does see them. When he sees them just say, "Now, let us watch them," etc. It is positively understood after you once perform these experiments you can lead the subject from one thing to the other. You can tell him he is a dog barking at a cat; you can tell him he is the president; you can tell him anything you choose, and he will positively believe you. After a subject has once been in a deep sleep, it is unnecessary to put him in a deep sleep again in order to make him do as you suggest. You must learn to give suggestions, and you can perform most any experiment you choose. After a subject has been put asleep, never leave him till you have awakened him; that is to say, after you have finished with the experiment.

Some subjects you will be able to affect without having them to close their eyes; then again you will find some subjects who will require considerable passes, suggestions, etc.

HYPNOTISM.

WILLISM.

LESSON XLII.

HOW OPERATOR CAN PRODUCE ANAESTHESIA.—Put the subject into a deep hypnotic sleep (better with the subject who has previously been hypnotized); tell him that he has lost all sense of feeling; tell him his flesh is positively numb; tell him his cheek is really dead; tell him that you have pushed a hat-pin through his face (cheek), and he does not feel any pain; there is no pain. Continue these suggestions for some time, until you find your subject in every particular sound asleep. Take a portion of his flesh between your finger and thumb; hold it for a few seconds tight enough to numb the feeling, should there chance to be any feeling. Now, the operator should stand behind the subject, take his left hand in your left hand, place the forefinger of your right hand on subject's temple, thumb on top of head; remain perfectly still for two minutes, then release the hands. You will find the subject is perfectly sound asleep; have ready a hat-pin, or needle; stick it through the flesh, as shown in illustration. This experiment can be made, and the subject will take no notice of it whatever, a perfect condition of anaesthesia being present. (See illustration on page 83).



ANAESTHESIA.

WILLISM.

SHOWING HAT PIN THROUGH SUBJECT'S FLESH.



CUT SHOWING DR. WHITE WITH HAT PIN THROUGH SUBJECT'S FACE.

IMPORTANCE.—After placing the subject in a condition of anaesthesia it is necessary at all times to tell the subject that when he awakens he will feel no ill effect from the experiment; that there will be no sore or pain whatever. It is understood that this experiment is frequently used in hospitals for the purpose of surgical operations.

Suggestions properly given will produce the most astonishing results. Learn to give positive suggestions, and you will have no trouble whatever in placing the subject under most any and all conditions. When giving a suggestion be positive; say what you mean, and mean what you say. Never tell a patient that he will have no pain, or that he will do so and so, and at the same time allow your thoughts to lead you otherwise. Remember your subject is governed by the suggestions you give.

HOW TO PLACE SUBJECT INTO LONG TRANCE.

LESSON XLIII.

TO PUT THE SUBJECT INTO A LONG TRANCE.—Get the subject into as deep a state of sleep as you possibly can, and tell him that he will sleep for so many hours, or as long as the operator may desire. Tell him he will sleep soundly, and not awaken until you tell him; that he will not, or cannot awaken; tell him he will not feel hungry—neither will he have any desire to drink; he will not be thirsty. When you give the suggestions that he will not awaken, fix your mind upon this

positively, and leave your subject. Better to have a large room, where it will be perfectly safe to leave subject alone.

If your first attempt in this experiment it is very desirable to not keep your subject asleep longer than five hours; the second trial may be as long as you choose.

SHOWING POSITION OF AWAKENING SUBJECT FROM LONG TRANCE.

LESSON XLIV.



AWAKENING SUBJECT.—Stand directly behind him holding your hands over his head. Say in a loud, sharp tone of voice, “Wake up; you are now awake; all right; wake up, wake up!” At the same time you should slap your hands together two or three times very hard. If you find the subject does not awaken when you tell him, then put him to sleep deeper, if possible, and say to him, “Here, the time is up, and you are awake; open your eyes, open your eyes, you are not asleep—you are now awake!”

THIS LONG TRANCE should not be attempted except by an operator of thorough knowledge, and of long experience. If this experiment is properly managed, no trouble will result; neither will the subject experience any evil effect whatever. But if not managed in the proper way the subject is apt to have some unpleasantness later on. The operator should avoid all excitement, or that which would have a tendency to cause any nervousness whatever, as it is a known fact that the subject will experience just such conditions as the operator experiences during the trance. The subject is, as stated, governed by the operator. If the operator meets with a fright or a shock during the time the subject is under his control it will positively have the same effect upon the subject.

SHOWING THE CIGARETTE HABIT CURED.

LESSON XLV.



FOR CURING TOBACCO HABIT IN ALL FORMS.—Try to put your patient to sleep, and whether you get him to sleep or not, suggest to him as follows: “Now, when you open your eyes, when you wake up, you will find that your desire for tobacco is leaving you. It will not affect your system in any way. You will never crave it again. All craving will have disappeared. The very smell of cigarette smoke will make you deathly sick. If you attempt to smoke a cigarette in future it will make you vomit. You will not allow anyone to persuade you to smoke them. The desire is all leaving you; you will not require it any more.” Repeat these suggestions several times. To cure this habit usually requires but one sitting, if the subject is in a deep sleep; but in the waking state more treatments will be required to cure the habit. Treatments should be given daily.

WE HAVE CURÉD many cases of tobacco habit while the patient was in the waking state, in two or three treatments. It rarely requires more than one treatment, if the patient is in a complete state of hypnosis. The same rule applies to other habits. You can cure a patient of chewing tobacco, and still allow him to smoke; you can cure him of smoking cigarettes, and still allow him to smoke a pipe or a cigar. You can cure him of smoking, and allow him to chew tobacco. I mention this so that the operator will understand that he should find out beforehand what habit the patient desires to have cured.

NOTE.—These courses are positively a godsend to suffering humanity, especially those whose life is ebbing away by evil habits. For instance the cigarette curse. Who can look upon the emaciated form of a young man whose energy has been completely sapped by over-indulgence in the cigarette habit, without expressing pity for him? His nerves have been shattered, his face has become colorless, his deep, sunken eyes have lost entirely their brilliancy, his step is nervous and unsteady, his mind has become impaired, and all the faculties that were once alert and energetic have become deadened to all sense of feeling except that of remorse. God alone knows the misery and suffering he endures! He, too, has sought the aid and advice of expensive physicians; he has spent a fortune in the so-called institute cures and drugs, but they have failed to cure him of this awful curse. These courses of instructions will enable you to cure him. Isn't this a blessing as well as a fortune to anyone?

CURING THE HABIT OF WHISKEY DRINKING BY HYPNOTISM.

WILLISM.

LESSON XLVI.



SHOWING THE LIQUOR HABIT CURED.

THE LIQUOR HABIT IS TREATED AS FOLLOWS.—Take charge of the patient at a time when he has not been drinking heavily. It is very difficult to accomplish anything with him while he is under the influence of liquor. If he has had only a few drinks it will make little difference. Try to put him to sleep; but whether you get him to sleep or not, suggest as follows: “All this desire for liquor is leaving you. Every time I treat you you will require less. You are becoming perfectly disgusted with it. It will ruin your system, and destroy your happiness, and the happiness of your friends. Your system does not require the stimulant any more. From to-day you will exert your whole force against it, and be a man. I will help you, and I want you, if you feel compelled to take a drink, to come to me, and I will give it to you. You will feel better every day. You will feel stronger mentally and physically. You will not crave it any more. All desire is leaving you. The very sight of liquor will make you sick.” Then awaken the patient. Habits of all kinds should be treated daily. Subjects should be instructed to use Willism.

THE STUDENT should remember that every habit can be cured by suggestion. No matter how trifling or how great, the same principles may be applied to any habit. Make your subject, or patient, think, by every word and action, that you know your business thoroughly. Remember that if you make a dozen mistakes he will not know it; proceed as though you had not made an error. Confidence is a necessary prerequisite to success. Go into a room alone, and practice daily for at least half an hour. You cannot possibly get this too perfect.

AUTO-HYPNOSIS.

LESSON XLVII.

HOW TO CURE YOURSELF BY AUTO-HYPNOSIS.—By auto-hypnosis one can cure himself of disease, improve his memory, cure himself of bad habits, and derive all the benefits himself that he can confer upon others by treating them under hypnosis. To do this, lie down and relax your muscles at a certain time during the day, when you are in a quiet, or receptive, state of mind. Select a certain spot or object on the wall or ceiling that will cause you to roll your eyes upward a little in order to see it, causing just a slight strain of the optic nerve. All the time you are looking at the object concentrate your mind as follows: I am so sleepy; I am so drowsy; I am positively feeling drowsy; my eyes are becoming heavy; they will soon close; I am going fast asleep, fast asleep!" Repeat this suggestion mentally, and when you begin to feel drowsy, you can give yourself suggestions for the cure of any disease, or eradication of any habit, as follows: "Now, when I awaken, I will do" (thinking intently of what you desire to do), or "I will feel better or relieved, or free from pain or annoyance." If you were sick you would say, "Now, when I awake I will feel better. Each day I will positively improve; I am feeling better every day; I will soon be well." If you wish to improve your memory, as you fall asleep you should say to yourself, "Now, when I awaken I will find my memory improved. Each day my memory will improve. It will continue to improve daily. I will concentrate my mind better. I can now retain everything I read. My mind is positively improving." This same method may be applied to bring about any change desired.

TO AWAKEN YOURSELF from auto-hypnosis you should, when going to sleep, determinedly will, "I will sleep ten minutes, thirty minutes, or one hour, and then awaken." A person who is going to sleep thinking of a certain hour at which he wishes to awaken will invariably awaken at the time, or within a few minutes of it. This is auto-suggestion. If you do not go into a sound sleep, after you get yourself in a drowsy condition, you can give yourself suggestions for the cure of any disease or habit. The suggestions will be effective, although it will take you longer to bring about the desired changes. Remember, it is not necessary to place yourself in a deep sleep in order to affect a cure.

MY FAVORITE METHOD OF PRODUCING THE HYPNOTIC SLEEP.

LESSON XLVIII.

HAVE THE SUBJECT seated in a comfortable chair, so that his shoulders are above the back of the chair. Then stand at the subject's left side; then grasp his temples with the thumb and the first three fingers of the left hand. Make the pressure very light. With the right hand grasp the subject at the back of the neck, just below the point where the neck joins the head. Cover as much of the neck with your hand as possible, and make the pressure firm; but be careful and do not hurt the subject. Tell the subject to close his eyes, with the eye-balls slightly downward. They must be rolled with the lids still closed, as trying to see the breath escaping from his nostrils. The eyes should be held in this position just as long as possible. In some cases the subject will tell you it causes pain to do so; but at that moment begin giving the subject suggestions. Tell the subject to

continue to look at the end of his nose, with the lids closed; tell him to think of sleep; to keep repeating again and again, without allowing other thoughts to enter his mind, that he is so tired and sleepy. Then roll the head from left to right, or in the direction the hands of a clock would move, if placed upward on top of subject's head. Roll the head slowly. All the time you are rolling the subject's head keep suggesting, "You are now going sound asleep; you are so tired and sleepy that you cannot hear any sound but my voice; if anyone calls you you will not hear them—you will not answer them. When I count twelve, you will be sound asleep." Count up to twelve slowly, then say, "You are sound asleep, sound asleep; everything is perfectly dark." Then make the circle gradually smaller, until the head stops altogether. Do not allow the subject to roll his own head. If he does, say to him, "Dear sir, you cannot possibly roll your own head and think of sleep at the same time." Continue suggestions, "You are so sleepy," in the same monotonous tone. As the head stops, let the pressure gradually decrease on the back of the neck, but still retain the same position with the right hand. Let your left hand retain the same position with the right hand. Let your left hand gradually relax, and then place it over the subject's heart. Then say to him, "You are now breathing much deeper." As the subject inhales, relax the pressure over his heart, and as he exhales exert a pressure, so as to help force the breath from the lungs. Tell him he is breathing heavier and faster; that he is now breathing very heavy; that he cannot hear any possible sound but your voice. You should talk to the subject all the time. When you get the subject to sleep he is prepared to receive any suggestions you desire to give.

FASTENING THE SUBJECT'S EYES.

WILLISM.

LESSON XLIX.

MY FAVORITE METHOD for fastening the eyes. Place the subject in a comfortable sitting position, so as to allow the head to rest upon the back of a chair. Stand to the right side of the subject; tell him to close his eyes, with the eye-balls slightly downward. They must be rolled with the lids still closed; tell the subject to look as though he were trying to see the breath escaping from his nostrils. Tell him to continue to look harder and harder at the end of his nose, or at the corners of his eyes, as though looking cross-eyed. Now place your thumb at the root of the subject's nose, between the eyes, and the first three fingers of your hand upon the temples; make magnetic passes with your thumb (right hand) very rapidly. Give the subject suggestions. Tell him his eyes are becoming fast; he cannot open them; they are sticking tight; they are tight; they are fast; you cannot open them. Remove your hand (thumb and fingers), stand from your subject, and continue saying, "Your eyes are closed tight; they are tight."

In this way you will be able to fasten the subject's eyes. Do not hold the subject in this condition longer than thirty seconds.

When you are ready to open his eyes, or, in other words, when you are ready to release the subject, say to him, "Now your eyes have changed; you can open them." Crack your thumb and finger together, and say, "Open your eyes and wake up! All right, your eyes are open!" Should you find that the subject's eyes do not open when you give the suggestion, then place your hand upon his eyes and say, "Roll your eyes upward. Now, when I count five your eyes will come open at once. One, two, three, four, five—your eyes are open!"

PARENTS EXPERIMENT WITH THEIR CHILDREN.

LESSON I.

PARENTS WILL FIND Personal Magnetism and Hypnotism one of the grandest methods for training their children. For instance, your children do not act to please you. We will now give you the proper method for influencing and causing them to do anything you desire them to do. First, call them into a room; tell them you have something to tell them about a friend of yours who has several children who can sit down and relax their muscles, or say, "Children, let us see who can sit down and relax the muscles." You being the operator should explain what is meant by relaxation. Try them with the first test, as we have explained in the foregoing. Then try them on falling backward; then try them on falling forward test; then try them on the fastening of the hands. After you have led them from one test to the other, tell them how they can sit down and obtain perfect rest by learning to relax the muscles. Do not hold your children at the first experiments longer than twenty minutes, or half an hour, for fear they may become tired.

Allow one or two evenings to pass; then take up the subject again, and tell them you are going to test their power of relaxing the muscles again. Lead them on until you can get to the sleeping test. When you get them so you can put them to sleep, give the suggestions you desire them to do. Put them to sleep, and tell them that they will in future want to go to school every day; they will want to study hard; that they will not listen to any bad boy or girl; they will in future do as you say, and that they will have no desire to disobey your orders.

Matters not what you desire them to do, you can positively obtain your greatest desire through your suggestions. This is a method that will enable you to train your children to do as you desire, and also lead them to dearly love you.

IMPORTANT WORDS.—Never tell them you are going to hypnotize them; say nothing of sleep, for fear they will resist you.

ADVICE TO ALL OPERATORS.

LESSON II.

MY ADVICE TO ALL OPERATORS, whether professional or amateur, is not to give exhibitions in bar-rooms, public resorts or upon the street. It has an absolute tendency to lower you in the eyes of the public. It is all right to give entertainments in private residences, churches, halls and such places. Always make it a point to associate with the better class of people. You will have no trouble in doing as we advise if you will only conduct yourself properly. People of intelligence are becoming more and more interested in this wonderful science daily. They are more or less anxious to become enlightened upon the subject; consequently, they will organize parties at their homes,

and invite you as their guest. You cannot expect the better class to invite you to their homes if you should make a practice of giving bar-room exhibitions or upon the streets.

WHEN YOU ARE first beginning with your subjects, or, in other words, when you first start out into the field of Hypnotism, do not go around boasting about what you can do. Never tell people that you have just started to learn or study Hypnotism. Keep your business to yourself. When you try to put a subject under the influence always tell him you have an experiment you would like to try with him. Speak of relaxing the muscles, or tell him of the falling backward test, or something to that effect, or tell him that you are practicing a science known as Willism.

POINTS OF INTEREST.

LESSON LII.

THERE ARE A THOUSAND and one different experiments practiced by operators, such as causing the subject to eat onions, soap, candles, etc., but we feel such are disgusting. We have in this course of instructions given you just what we feel is of most interest to you. We want you to learn how to hypnotize people; we want you to learn to influence persons; we want you to become the master of this wonderful science, and we firmly believe if you will follow the instructions, one at a time, according to the way we have advised you, you will soon become the master of every known point. We will say right here: You cannot learn too much about this science; there is something new to be learned every day.

All we ask is this: Put your mind to your studies; say you will be the master, and you will.

Always be a gentleman, when performing with ladies. Never have them do what you would not care to do yourself. Be truthful, be honest, be honorable in all places and at all times.

When you make a promise, try your best to fulfill it.

Try to use this wonderful power to your own honor; do not take the advantage of those who cannot help themselves.

Never commit a deed that would lead you into trouble. Always be law-abiding.

Should temptations chance to overpower you, ask God to help you.

Always have perfect confidence in yourself. Place your whole trust in God and the good spirits.

When placing your subjects into the Hypnotic State, read them carefully. In order to learn to read them we advise you to study our First Course on Spiritualism and the Development of Mediumship.

OUR OBJECT for advising you upon the above points.—We know you will soon become a most powerful Hypnotist, and we want you to ever try to be honest, upright and true. We do not want you,

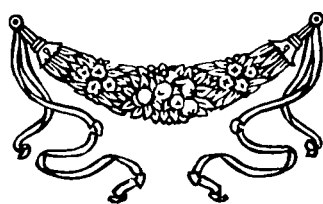
just because you can, take the advantage of anyone. We want to hear of your good work; we want to know you are an honor to yourself and others.

We want you to write us from time to time, stating the good work you are doing, and how many people you have influenced. If you need our help, be sure and write us. Write just as often as you deem it necessary.

When you have finished your lessons we are to examine you. We are to send you a Diploma after you finish your courses of lessons, which you will be proud of.

Do not start to read the back part of this Course of Instructions before you have read the first. Do not try to learn all in one day. Study one lesson at a time. Always know what you are going to do before you start. Never start, and then stop to think what to do next. Let your first lesson be suggestions. Learn to give suggestions in a positive way. When you learn that one particular point half, or, in fact, two-thirds of the battle is won.

Every man and woman in the world should learn the sciences of Hypnotism, Personal Magnetism, Magnetic Healing, Spiritualism and all branches of Occultism. It will benefit the minister in the pulpit; it will benefit the doctor with his patients; it will benefit the lawyer before the bar; it will benefit parents in training their children; it will wonderfully help every man and woman on earth. It teaches them how to be the master over every living creature upon the earth.





PERSONAL MAGNETISM

PERSONAL MAGNETISM.

SELFISM.

SERIES C.

PART 3.

PERSONAL MAGNETISM.

SELFISM.

LESSON I.

PERSONAL MAGNETISM.—The pleasure now before us is to convey to the mind of the student what is meant by “Personal Magnetism,” or Selfism.

Personal Magnetism is commonly known as the art of making one’s self pleasing to people, and impressing favorably, but we must go under the surface of things to reach the deeper significance of the term.

YOU HAVE BEEN ACQUAINTED WITH people who are intensely magnetic, or you have known them by reputation. Henry Ward Beecher, Moody, the great and noted evangelist, and William McKinley, our martyred President, were very magnetic men; they attracted people to them by their personal magnetism.

THEY IN THIS WAY INFLUENCED PEOPLE to them by the power of attraction. What was the source of this power? It was a subtle nerve force that exerted itself through personal will power. Moody made it his special business to get and keep the attention of the people to whom he addressed himself. All who heard him felt his great power. Here we have, then, the cause or source of this magnetism in the will power of the individual, which sends the vital nerve force upon an ordinance to persuade to better living. Thus we perceive in this case the cause and effect—in other words, personal magnetism enables you to attract people, to influence and to interest people, to please people for their good and to your advantage.

LESSON II.

BY PERSONAL MAGNETISM you seek to make people among you whom you move, in society, or in business, think well of you. If you want to have people love and think well of you, you must be just what you are; you must think of them the thoughts you would have them think of you.

If, then, you would have power over people in general your thoughts of mankind should be pure and elevating. If you entertain thoughts of kindness, you are certain to reap the richest reward in kindness, for it is written in the Holy Scriptures, "Whatsoever a man soweth, that shall he reap." Like attracts like, as you will find clearly stated in First Course, Series A. The thoughts you have about people they are sure to have about you. A sweet smile begets a sweet smile; so kind thoughts produce, as a reflex, kind thoughts.

THE PHILOSOPHY of this is manifest. If you are living daily in the vibration of love and kindness, all those who associate with you will feel the attraction of your loving and kindly thoughts, and as a consequence be attracted toward and be helpful to you.

HEREIN LIES THE SECRET of Magnetism (Selfism). Personal magnetism is implicit obedience to what is known as the Law of Agreement. Your thoughts produce like thoughts in those with whom you associate with a result that you control them as they are attracted toward you.

THE MORE THOROUGHLY WE ARE ACQUAINTED with people the greater is the controlling influence we have over them. It is necessary to study their methods and their temperaments, their habits of thoughts and their environments. We know that people can be controlled, and they are controlled, Religiously, Politically, Socially and Personally. When we carefully analyze the phenomenon, we find that it is the effect of a very wonderful cause—the Law of Agreement.

LESSON III.

A GIVING TRAIN OF THOUGHT produces a similar line of thoughts among people with whom we are intimate. The Law of Agreement is of very wide application. It can, indeed, be utilized in every vocation of life—in Politics, in Literature, in the Pulpit, at the Bar, in Mercantile and Agricultural Life, and in the Home Circle, especially among children. In all these vocations, if we would draw people toward us we must be attractive—magnetic to them.

WE MUST BE CAREFUL to think of them the good thoughts we would have them think concerning us. This is Personal Magnetism at work. The field is indeed a wide one; there is ample room for us all; we must always lead; we must have self-confidence without egotism, if we wish to control people.

LESSON IV.

HOW TO INFLUENCE YOUR CHILDREN.—First, be truthful to them on all occasions; never allow your children to catch you telling a falsehood; never make them a promise unless you firmly intend to fulfill it. Then they will have implicit confidence in you. Second, always teach your children to dearly love you. This can be done by your being kind and loving to them; never strike a child; if they chance to do something displeasing to you, take them off to a quiet room, and talk kind to them; let them see by your actions that their conduct has greatly hurt you. By so doing it will be a greater punishment to them than it would be to strike them, as the former would be mental punishment, and the latter a physical punishment; and it is a known fact that in most all cases the physical punishment is soon forgotten, whereas the mental punishment indelibly stamps the child's mind, and thus causes it to do as you desire in future, and at the same time it enables you to exercise greater magnetism with them.

LESSON V.

NEVER TELL YOUR CHILDREN they are bad; never think they are bad. Always try to impress upon their minds that they are positively good; tell them of some one who is good. When leaving your home circle never forget to bid your children good-bye, and remember to say, "You will be a good child whilst I am away;" at the same time give strong suggestions (mental). The child will be good. You will find in most every case that your child will be good during your absence. When you return home always remember to kiss your children. In this way you will find they will be sorry to see you go, and glad to see you return.

DO NOT LOOK CROSS OR HATEFUL toward your children; try at all times to be pleasant and kind; give them a sweet smile. This will cause them to feel welcome, and never fail to create true love in the home circle, thus enabling you to develop great magnetic influence. Never tell your children you wish they were dead, or that you wish they were never born; remember, they did not happen by chance; and also remember they did not bring themselves into the world. You can cause your children to dearly love you, or you can cause them to dislike you.

THE HOME CIRCLE.—There is no better place to begin your experiments in Personal Magnetism than the home circle, as it gives you the desired power, and at the same time it is very beneficial in the proper training of children.

THE PERSONAL STORAGE BATTERY.

LESSON VI.

THE PERSONAL STORAGE BATTERY.—You perhaps have never thought that you are a sort of an electrical storage battery, constantly receiving and discharging force; sending out currents of attraction and repulsion continually; sometimes consciously, as when you desire to impress your friends; sometimes unconsciously, as when you make an agreeable or a disagreeable impression upon some one of whom you have taken no notice beyond a look. You are thus acting upon others, and being acted upon by others with your will or against your will constantly and continually. That is your first act.

THE PRESENCE OF MENTAL AND MAGNETIC CURRENTS.—Now, there is a force at work, evidently.

Is it the force of thought?

No, because it manifests itself without thought on your part. It may be, and is, added to thought.

Is it electricity?

Electricity is only a name for an unknown force.

What is it?

It is magnetism, because we do not know a better name for it.

It may be called a magnetic-mental current, very like an electric current in many ways. It is a force which we can soon learn to employ, learn to govern, as we have learned to govern electricity without understanding its exact composition. It is a mystery in its source; let us simply accept it as we do the great mystery of life itself, and pass on to the direct use of force.

CHARACTERISTICS OF THE MAGNETIC INDIVIDUAL.

LESSON VII.

THE FIRST STEP should be in the nature of a critical observation of the operation of the force through people about us; a noting of essential differences in their characters, and the logical effects of certain attributes.

WE ALL KNOW THE TYPE OF A MAGNETIC MAN OR WOMAN. Women are as magnetic as men, and if we use here men only as examples, it is merely to avoid confusion in grammar; it is sufficient for the student to remember that everything which applies to man in this course applies equally to woman. In the attainment of magnetism and influences the sexes are equal.

A SENSE OF CALMNESS.—When you are in the company of the consciously magnetic man, the first effect upon you is one of calmness; he is not nervous; he is not at all fidgety, but perfectly calm. Following the sense of calmness comes to you a recognition of a reserve strength in him somewhere. You cannot place it; you cannot localize it. It is not exactly in his look, nor in his manner, nor in his speech, nor in his actions; but it is there, and it seems to be a part of him. That is the point exactly. It is a part of him, and a few minutes previously, odd as it may seem to you, it was in a small degree a part of you. A little of that strength of attraction which he displays, and of which you are conscious, went from you to him without your knowledge. But never mind that just now.

LESSON VIII.

A PECULIAR LOOK.—Let us examine the man a little more closely, that we may get at the secret of the fascination he exercises upon you. First, watch his look. His eyes hold you, but he is not staring at you; he is not looking into one or other of your eyes; he is looking right between them at the root of your nose. His glance seems to go straight through you with an intent, boring gaze; but there is nothing offensive in it. You feel that he is not, and could not be, impertinent. Notice, also, that he does not look at you so when you are speaking. He waits as it were, to receive your message, and then sends his to you. When he speaks he looks at you in that intent, masterful way, yet kindly. But he is not self-assertive; he is not argumentative.

SMILING AND ALWAYS POLITE.—He listens to you with politeness; he is always polite, but you get the impression of an inflexible will beneath that calm exterior; you see power in him. He is a man to be obeyed. In a word, the impression he leaves upon you is that of one who knows exactly what he wants, and is in no hurry, because he is confident that he will get it. Oh, now we have it in words! This accounts for his calmness, his security. Knowledge is power, and he knows that he rests his case upon the laws of cause and effect.

LESSON IX.

THE NON-ATTRACTIVE AND REPELLING FORCE.—Offensive breath, ragged, scurvy-covered teeth, unkempt hair, and a voice as harsh as a cranberry marsh, may defeat the most potent suggestion, and awaken disgust, instead of sympathy and interest.

Then, too, attention should be paid to one's dress or attire. Costly clothes, made in the most modern style and fashion, are not necessary; but misfits and odd combinations, loud colors and grotesque styles make one appear ridiculous, and may eclipse whatever other attractive and fascinating qualities one may possess.

Personal Magnetism is only effective when all its constituent factors are uniformly arranged in their best. Given, then, a desire to control, a determined will, health, cleanliness and proper attire, what else is important? A man or woman should be graceful in action and deportment. Rude, awkward movements of the body and limbs distract one's attention, awaken criticism, break the continuity of thought and the current of power intended to be applied.

THE CULTIVATION OF FACIAL EXPRESSION, the sunny smile, the hearty, soulful laugh, the listening ear and fixed determination, is well worthy of special attention. These are the objects of external senses; they are the forerunners of the unseen, mysterious influence which is being generated. Upon the degree of perfection to which these are exercised will the after results depend. As fascination passes, and suggestion are preliminary to a state of hypnosis, so these outward physical manifestations predispose favorably the mind of a person to be controlled.

LESSON X.

NOT ANXIOUS.—Now, again, remember this adjective. He is not anxious. He rather makes you feel that if he chose to do so he could say much. So he piques your curiosity a little. But he does not impress you as purposely mystifying you. Not at all. His eye is too frank for that, and if you know him fifteen years you will find that he never lays conversational traps for you to seek to extort your admiration. As a fact, his plane of thought is above admiration. In his early days, when he was learning, as you are learning, how to acquire Personal Magnetism, he was perhaps pleased with the evidence of his power which the frank admiration of his acquaintances gave him; but he has outgrown that. No man ever stands still. There are always heights of endeavor beyond—we never reach the summit.

WORDS ACCORDING TO MAGNETIC LAWS.—When this man brought to himself popularity, influence, wealth or success, he accepted them; took them as his right, as the logical sequence to the operation of the law of cause and effect, and went on. He did not stand still; he brought wealth to him in just the same way as he brought popularity to him—by government. He governed by magnetism; he attracted men; he wanted wealth; he attracted wealth because he wanted it.

LESSON XI.

YOU WANT TO CONVINCE A MAN THAT YOU LIKE HIM.—But we are going too fast. This is in a stage beyond our lesson. What impression has the magnetic man left with you? Just this: That you wish to see more of him, because you feel that he is in sympathetic touch with you in some mysterious way which you cannot define. You have "taken" to him, as mothers say to their babies, and you do not get rid of his influence even after you have parted.

WORKS UPON AND USES YOUR FORCE.—Now, if you go back in mind to your conversation you will find that you did not notice in it at the time that you were the one who told what you knew; you were the one who sought to please; you were the one who gave. Yes, that's it exactly. You gave, he received. Had he willed it otherwise he, in his strength of conscious knowledge, and you, in your weakness and unpreparedness, you would have been compelled to receive from him whatever he chose to give of impulse, of command, of opinion. Had he wished to do so, he could have swayed you as the wind sways the rush marsh. Why? Because it is the law, and he knows the law, while you do not. But he did not wish it at that time; he merely permitted himself to make a pleasant impression upon you; he did so because he knew his power, and taking a little magnetism from you, he left, as the bee takes honey from the flower and goes his way.

CHARACTERISTICS OF THE NON-MAGNETIC MAN.

LESSON XII.

CHARACTERISTICS OF THE NON-MAGNETIC MAN.—Do you know the non-magnetic man? This is an excellent time to speak of him in contrast to the strong personality of whom we have just been speaking. He irritates you; if you are peevish, he intensifies your irritation; if you are morbidly inclined, he deepens your gloom; if you are happy, he is something of a drag. Yes, he is a weight; you are called upon to lift him. He is asking for sympathy; he says he is misunderstood; he has a grievance against fate, against the weather, against some person.

HE IS A FAULT-FINDER AND A GROWLER.—He is discontented; he is a babbler; he tells his secrets; he wants to share his troubles with you; he is the creature of impulse, without reserve, without calmness, without judgment, without poise, without attractiveness. Oh, flatter him and let him go. Get rid of him. You can reach him most easily through his love of self; pamper it, and get rid of him; that is your thought; you put it at once into execution, and get him off your mind.

HE BORES AND DEPRESSES.—You are glad when he has gone. He has drawn upon you terribly, because you did not know how to safeguard yourself against his influence. Had you known, you might have not only saved yourself a loss of magnetism, but you might have drawn something even from his weakness, if you had wished it.

THE REASON.—Now, what is the reason of his lack of attractiveness? It is as simple as A, B, C. He is a dependent, a negative; he has grievances; Grievance! Can you fancy the magnetic man of whom we have just spoken as a man of grievance? Can you picture it? No; the thing is absurd. Your magnetic man is a power, because he has subdued his circumstances; because he has held an attitude of mind which governs circumstances, which controls environment.

ADMITS FAILURE.—Look at the other side of the picture. Here is your non-magnetic man—a failure by his own confession, though he does not know it, perhaps; weak, complaining, inviting failure by his attitude of mind; a spendthrift of thought; a waster of energy. Such an one is doomed to failure by the law, the unalterable law of cause and effect. “From him that hath not.” Here are your two types. Study them well and carefully. The first is your model; the second your warning. As a golden rule to heed, it may be dinned into your ears, “Don’t air your grievances. Seek not sympathy or flattery. Recognize the force in every desire, and make that force your own.”

LESSON XIII.

AFFECT TO KNOW LESS THAN YOUR INFORMER that he may empty his store at your feet. “Having two eyes, and two ears, and but one mouth, see and hear twice as much as you say.” Be respectful of personal opinion. Do not rudely combat those whose ideas are opposed to yours. Maintain a healthy reserve of judgment, hear patiently, but decide slowly, where the emergency is not pressing. Impress others with their importance, until they have exhausted their knowledge of the subject; then assert yourself positively, and you will most likely convince them, as they are without further resources.

IT IS UNFAIR TO PRESUME that the intelligent use of Personal Magnetism is wholly a selfish accomplishment, exercised for personal advancement, for the gathering of wealth, the winning of fame, or the mere love of conquest. Partaking, as it does, of the divine, the higher and better within us, it prompts its possessor to control his fellow-men for their good.

LESSON XIV.

IF ONE CAN SAVE A FRIEND.—If a person can correct a bad habit, inspire a lost friendship, win a man back to home and family, reunite broken ties, and make the world better by making the men in it better, I wonder whether he is not doing God's work, or his own work as God intended it. This double power of winning men's respect and confidence, and at the same time controlling their actions, involves in the latter office a keen knowledge of the individual you direct.

ALL CANNOT BE WON BY THE SAME INFLUENCE.—Study, then, each nature; learn the weak and strong points of those you would control. Adapt methods to conditions. If these instructions are carefully followed, and, like charity, applied at home, on one's self, and practiced upon others, the discipline cannot help but strengthen the will power, and develop Personal Magnetism as an ever-present, helpful force.

LESSON XV.

DIRECTING MEN ACCORDING TO YOUR WILL POWER.—Remember, if you would succeed in directing men according to your will, you must fully understand the power of suggestion. But far more important still than the qualifications or prerequisites already named is proper suggestion. Have fixed clearly in your mind what you would have accomplished, and by the best form of expression, in the most precise and impressive manner, convey your meaning.

AN ILL-DEFINED, HALF-HEARTED SUGGESTION carries no weight, convinces no one, disturbs, rather than settles, conviction, and falls far short of accomplishing the end in view. Lastly, have confidence in yourself, and in your ability to influence. Let your address, tone and whole manner be earnest. Expect immediate results; look for them, and you will be surprised at your success.

Let us recur to the all-important question of giving suggestions. We will now endeavor to help you a little more on this particular subject. When giving a suggestion, let it be done in a positive manner. Always allow your suggestion to be carried to the desired point with force. When you say you are under my influence, mean just what you say, and believe what you say. The student thus will become proficient.

It is not always the words used, nor is the hard, rigid expression of the face, that produces the desired effect. Two persons may adopt the same formula; one will succeed, and the other will fail. The former accompanies his suggestions with a magnetic, tactful power, that is the result of practice, perseverance and confidence, while the other, parrot-like, uses but soulless words, that are as tinkling cymbals, and carry with them no force whatever.

NO MATTER HOW MUCH TO THE POINT a suggestion may be, frequent repetition of it makes it more effective. On the principle that "a certain dropping of water weareth a hole in a stone," frequent reiteration of a suggestion wears into and impresses upon the mind the lesson intended to be taught. Fasten an idea, thought or suggestion by repetition upon a man's waking or objective mind, and it in turn will fasten it upon the subjective mind, and by a mysterious process it will finally become a part of his life. Embrace every opportunity of becoming perfect in giving suggestion. Alone, and in the quiet of your home, or elsewhere, practice the exercise until it becomes a second nature. This brings us to auto-suggestion, which, "in its broader significance," embraces not only the assertions of the objective mind of an individual addressed to his own subjective mind, but also the habit of thought of the individual, and the settled principles and convictions of his whole life. Thus far we have discussed suggestion as to the controlling word of the adept in Personal Magnetism, directed to another.

LESSON XVI.

NOW WE WILL DEAL WITH SELF-SUGGESTION, or how one may, by the systematic training of one's own mind, develop a magnetic personality. This is done by first ascertaining what you desire to accomplish, or what weak point you would strengthen, and then, by positive declaration or formula, repeating it over and over again, until it is riveted into the mind and becomes the burden of thought, the purpose of life, and finally the finished and completed act.

THE MOST EFFECTIVE METHOD OF SELF-DEVELOPMENT of Personal Magnetism, or the series of graded exercises which we have here written in this paragraph. WRITE ON A SLIP OF PAPER, "My power of will is very, very strong. No one can possibly resist my influence." Look at it many times during the day, and for five or ten minutes immediately before retiring. Let it be the last thing you think of before going to sleep. This suggestion, repeated as directed, will act upon the mind when you are asleep, and will become a part of yourself.

LESSON XVII.

STARTLING CHANGE OF HABIT and character can be affected in this way. I would advise the student to practice some exercise looking towards the reformation of an extravagant passion, or the strengthening of some weak point, or in the inculcation of a good habit, just to note the steady growth of the power of will, aided by auto-suggestion.

IN THE BEGINNING failure may be experienced, but this should not deter your further continued effort. Perseverance will at last conquer, and the mind, fed on the wholesome food of suggestion, will rise to the majesty of its God-given power, and finally rule and control.

PERSONAL MAGNETISM is suggestion; Hypnotism is suggestion. The deduction from the geometrical axiom or theorem, "Things that equal the same things equal each other," is that Hypnotism is Personal Magnetism, and Personal Magnetism is Hypnotism. Disrobe either, and you will find the stalwart form of a well-developed, robust, symmetrical will, a personality whose matchless power, like the true alchemy, turns whatever it touches into gold molds. Character changes habit, inspires hope, implants ambition and commands success.

LESSON XVIII.

SEEN BY CLAIRVOYANTS.—Magnetism exists in all bodies. It can be clearly seen by a clairvoyant, as has been fully demonstrated by the writers (Drs. T. H. and Cornelia White), and other scientists. We beg to state that a sensitive or person susceptible to the psychic influence, when placed in a dark room, could see a magnet give forth a blue light from its north pole, and a yellow-reddish light from its south pole; and if persons were admitted into the dark room a blue light would be seen to emanate from the right side of the bodies of the persons, and a yellow-reddish light from the left side; also these lights can many times be seen bursting from the eyes and finger tips, varying in length from one inch to two feet.

PROPERTIES OF CHARMS AND OTHER MAGNETS.—We are sufficiently acquainted with the properties of the loadstone, charm of mysteries, and other magnets to know the nature of this light. It is that force by which the charm or magnet draws to itself susceptible, inorganic principles when brought near it, and holds them together. The human body possesses the same quality, and draws health to the body when there is no disturbing influence intervening. By the power of will this force can be sent out in different directions, and caused to enter other human bodies.

APPLICATION.—In the application of Personal Magnetism it is not essential that you have the attention of the person sought to be influenced. The expert often causes a person who is seated or standing in church, or in some other place where everything is quiet, to turn and look toward him. Animals can be influenced by looking into the eyes, as is the custom of all noted animal trainers.

SELFISM AND PERSONAL MAGNETISM.

Continued.

LESSON XIX.

TO BE SUCCESSFUL in Personal Magnetism you must have the utmost confidence in yourself. I do not mean that you should be egotistic, but perfect self-mastery. That person is most magnetic who is modest of manner, calm, cool and self-possessed, and of unlimited confidence. Familiarity engenders confidence. By this we do not mean vulgarity, abandon, or any one of the many characteristics of an ill-bred person, but rather a thorough acquaintance with the person or things toward which our attention is directed. This may only be attained by patient application and study. Thus before you can talk fluently and effectively about a thing you must have studied it so thoroughly as to be perfectly familiar with every detail pertaining to it. It is in this way that you become convinced of its good qualities, and gain confidence to present them to others. Before you can hope to influence a person you must ascertain, or try to discover, his weak points, as well as his good qualities, so that you may overcome the one and appeal to the other effectively.

But before you can accomplish this, you must have the utmost confidence in yourself. This you can gain only by a thorough familiarity with your strong and your weak points, so that you may increase the one and overcome the other.

It is thus that you become convinced of your ability, and can fearlessly undertake to work out your desire. To facilitate this study of yourself, and as a matter of self-examination, you are requested to answer the following questions according to the best of your knowledge and belief:

LESSON XX.

First Question—Are you cool, calm and collected?

Second Question—Are you easily agitated?

Third Question—Do you show any excitement when suddenly informed of good or bad news?

Fourth Question—Does any transaction quickly impress you?

Fifth Question—Do you have strong likes and dislikes?

Sixth Question—Are you irritable when alone, and things do not go to suit you?

Seventh Question—If so, can you repress such irritability in the presence of your family or intimate acquaintances?

Eighth Question—If not, can you restrain it in the presence of strangers?

Ninth Question—Do you do or say things on the spur of the moment which you soon regret afterwards?

Tenth Question—Do you err in judgment over small matters?

Eleventh Question—Do you err as to greater affairs?

Twelfth Question—Does your occupation, situation or surrounding circumstances suit you?

Thirteenth Question—Do you worry over the little trifles that chance to come before you?

Fourteenth Question—Do you lie awake at night thinking?

Fifteenth Question—Are you troubled with headache?

Sixteenth Question—Are your nerves bad?

Seventeenth Question—Do certain voices grate on your nerves?

Eighteenth Question—Does the approach of certain persons annoy you?

Nineteenth Question—Are you repelled by certain persons who you desire to approach?

Twentieth Question—Are you approached by certain persons who seem to be your superiors?

LESSON XXI.

THE DOOR LEADING TO THE CHAMBER OF SUCCESS, Health, Wealth, Power and Happiness close against many for the want of personal power (magnetism).

Are you, dear friend, going to allow it to close against you? Think of the scores of poor unfortunate girls and older women who have been driven out into the cold, cruel world, only to find the door of happiness closed against them, causing them to toil and drag from day to day in workshops, and other unpleasant places, for a mere existence, when they could have, if they would, risen to the highest sphere in life.

Let us stop to think of the many poor unfortunate souls who have fallen by the wayside of life for the want of proper care and Personal Magnetism, influence, power and Selfism.

Can there be anything more lamentable than to see a poor girl or a woman trudging along through life without hope of being helped? How many women, as well as men, who are making their homes and lives a veritable hell, through allowing themselves to go on suffering untold disappointments and sorrows, when they could, if they would only accept the mighty power of Personal Magnetism, and learn to cultivate it, turn their sorrows and misfortunes to perfect happiness? There is no necessity for persons to drag and be kept down in life. There is no necessity for anyone to feel neglected or forsaken, when the cultivation of this God-sent power will raise them to the highest degree of peace and happiness.

THE CAUSE OF FAILURE.—Did you ever stop to think of some young girls who are as beautiful as pictures, with all the luxuries of life, and yet they cannot win the affections of gentlemen? The cause is simply due to the lack of Personal Magnetism (Selfism).

Think, there are some women horribly ugly, dressed only plainly, and yet they have scores of gentlemen friends and admirers? Why is it? It is due to the fact that they possess Personal Magnetism, and have learned the secret of putting it into action.

Personal Magnetism will lay the entire world at your feet. The woman or man who fails to cultivate this wonderful force is not only doing himself or herself an injustice, but they are crushing that which God intended for them, and to do that is a mortal sin. Personal Magnetism is a spiritual gift. If you lack this power it is all the more evident that you should study these lessons carefully.

LESSON XXII.

SUCCESS IN LIFE, whether of mind, body, or business, whether in the pursuit of knowledge, happiness, wealth or power, depends directly upon evenness of temperament, and the buoyancy of hope. Fear is depressing. The full, round courage of a broad nature, and an unfaltering determination will win all honest victories that can be achieved in the range of one's powers.

The reason why so many persons are failures, and are condemned to remain in the ranks of hopeless mediocrity, may be traced to a confusion in the nervous system, which may or may not associate itself with the mind. The condition affects different persons in different ways, according to the degree of intelligence which each person possesses. Thus, an ignorant or stupid person may be relatively happy while in this condition, never having known or cared for anything better, whereas a more intelligent person would be rendered most unhappy.

This condition of confusion should be studied and recognized in every life, for it comes to all, and some are never free from it. It is useless to seek a cure outside of ourselves. There is no cure except marshalling the higher forces within us to battle. There may be less suffering if we will only allow ourselves to drift into the ranks of the negative souls who are tossed about by every wind of misfortune, and finally stand on the rock of destruction; but there is no compensation for such a life. We must go upstream, if we would be happy, and life would soon become a burden too heavy to bear of this confusion, which bars the way to a magnetic person.

LESSON XXIII.

EXCITEMENT.—This form of confusion is chiefly prevalent among women. At the best, excitement is but a form of weakness, and there are critical points in life when it may become absolutely disastrous. A little thought should disclose the foolishness of giving way to it. Even when the cause is sufficient to induce excitement, it never produces any good. A strong character is calm. If danger is at hand, keep cool. If someone about you is frightened, remain calm, for you may reassure him. If necessary in any undertaking or contest do not become excited. If failure is your lot, be calm and try again. If a person seeks a quarrel with you, do not get excited. If failure is your lot, be calm and the dispute will cease. If you are wrong, admit it coolly, and make the necessary apology. In work or play maintain that steady dignity that commands respect, and retains for you the use of all your faculties. Success comes to those who are cool. Excitement is known by the high-pitched voice, or a rapid, low register. The latter is rare, and even denotes great seriousness. Remember that the habits are quickly formed. Be the same at all times when circumstances are similar. If you are morose at one time, you may be flippant at another. Before performing any unnatural act, think it over carefully to see how it will look when done. Before speaking aloud in the presence of others, try to hear the remarks mentally, to determine how it will sound. If this practice is followed you will soon form the habit of sifting your actions and words, and throwing away the chaff.

LESSON XXIV.

IRRITABILITY.—Of all the sins against the heart, the nerves and the brain, irritability is the most common. Irritable people get aches and pains, nervous weakness and heart failure by giving way to this mood. It grows on its own using, and hot weather will help to increase it. To overcome it, the following method may be employed: Open the day good-naturedly. Give things a chance to annoy you, and fight them by a firm resolution of the heart not to give way to the mood. The habit

of refusing to give way to irritability will soon incase you in a mail of steel. It grows rapidly. Do not be afraid to meet the temptation, for you must be hardened by conflict. It is well thus to tempt yourself occasionally.

WORRY.—Worry is a mental condition, and leads to nervousness. It causes a waste of nerve power by a peculiar condition of the lungs. Vitality is drawn into the nerve system, through the oxygen of the air that we breathe. Hard thinkers stop natural breathing during great interest in the subject. Their breath is taken at long intervals, and in the smallest quantities to sustain life. People who worry take in less air, and the supply is soon exhausted. Worry differs from irritability in all essentials. The latter is a nervous unbalancing, due to interfering or annoying circumstances, which causes the person to fret or get in a temper. Worry is anxiety concerning the future, a sort of fear founded on present conditions, whose outcome is uncertain. It is useless to dwell on all the real and imaginary causes for worry. Mistakes have been made, losses have been suffered, trouble has come, and may come again; but they dwell on the past, or speculate on the future, when the present is fraught with opportunities that demand your immediate attention. The habit of borrowing trouble starts with but very little provocation, and sooner or later grows to be a mountain. Those who suffer from it are useless to themselves, and almost so to others. Due cares are necessary to avert sickness or misfortune that would otherwise come, but there is a vast difference between stepping aside to allow the carriage to pass, and sitting down on a rock to bemoan the chances of your distant relatives being run over by the same vehicle. One is an act of caution, born of judgment, the other a vision of distress, created out of a weak brain, or a deficient character. Avoid mistakes, misery and misfortune; neglect no duty; secure for your use the best of earth that is obtainable; seek love, pleasure, enjoyment and happiness—but do not worry. Worry is full of life-destroying influences. It kills life, heart, magnetism and brain. It is the enemy of ambition, and the executioner of happiness, and the destruction of Selfism.

The best method to overcome these and kindred causes of confusion is to unite all the energies of your command, endow them with all the force of which you are capable, and speed them onward with the definite and unalterable purpose to change the current of your life, and you will succeed.

LESSON XXV.

Now, my dear student, if you have followed our instructions and mastered these lessons one at a time, as they are so plainly written, you have met with success. You are now ready to take up the deeper studies in Occult Science.

I know the greatest wish of every man or woman's life is the wish to attract others, because for the man this means great power, influence, wealth, success; and for the woman it means social prestige, popularity, satisfaction and love. It is an excellent wish; let it be made more clear. It is not debasing to aspire to influence. It is not mean ambition to desire wealth, because wealth itself is but a means of increasing one's usefulness. If you will allow your thoughts to drift into the channel of years gone by your memory will recall that the great and influential men and women of the world were pointed out to you as examples worthy to be followed. They were shining lights in the eyes of those older than you. Your parents and teachers spoke of them with the highest respect, and wished that you could follow in their footsteps and reach the heights they had attained. Were they in error in so exalting human character? I do not think so.

A PARTING WORD IN SELFISM.—Avoid all bad habits. Trust in God; be loving and kind to all; do good for evil, and the blessing of this wonderful force will forever abide with thee.



MENTAL HEALING

MENTAL HEALING.

SERIES D.

PART A.

MENTAL HEALING.

LESSON I.

HOW TO HEAL DISEASE AT A DISTANCE BY MENTAL POWER (Telepathy.)

IN WRITING A COURSE of instructions on this valuable subject it is necessary to define its meaning. There are many different methods and opinions on the subject, and I will give what I regard as the most practical and intelligible definition, viz:

MENTAL HEALING is produced by the power of one mind impressing another. This mental power is better known as Telepathy, and to explain the meaning of Telepathy, it is a power of one mind to impress another at a distance, this distance being beyond the usual channel of communication. Here we beg to state that Magnetic Healing is quite different from Mental Healing, as we will explain.

Magnetic Healing, to be effectual, must be applied in close contact with the subject or patient operated upon, as will be fully and most clearly explained in the following course of instructions.

In the use of Mental Healing, Telepathy, Mental Telegraphy or Thought Transference, which ever name you may choose to call it, it is not necessary that either should be the case. No distance, however great, will prevent a Mental Healer (operator) from curing a suffering patient.

All that is necessary for the success of the operator is for the patient to be in a passive or sub-conscious condition. Our object for writing this particular course of lessons and instructions is this: Many of our students, after they graduate, receive their Diploma and start out into the field of this grand work, will receive letters from all parts of the world, from poor suffering persons, who, not being able to call personally at your office, will desire to have you treat them by the power of Mental Healing.

WITH THIS WONDERFUL POWER of healing the operator can affect a permanent cure at a distance of thousands of miles. Mental Healing (in one sense) is similar to wireless telegraphy, but far more powerful. In order to send a wireless message it is necessary to have two magnetic batteries. One battery to be stationed at the point from where the message is to be sent, and another battery to be stationed at the point where the message is to be received. These magnetic devices are

supplied and operated upon by the power of electricity, and manipulated in such a manner so as to cause the message desired to be sent to travel over the air waves to its destination (from magnet to magnet). A Mental Healing message, as stated, is sent and received in a similar manner, the difference is, wireless telegraphy is produced by mechanical power, and Mental Healing is produced by human power. Our object for saying that a mental message is far more powerful than wireless telegraphy is for the simple reason that the master mind also invented wireless telegraphy; in fact, the power of mind is the master of all earthly things. We do not believe there are any greater magnets or batteries than the human magnets. In order to send a mental message it is also necessary to have two batteries, one to be stationed at the point from where the message is to be sent, and the other to be stationed at the point where the message is to be received. These batteries are known as operator and subject (healer and patient). These human batteries are supplied and operated by human magnetism, and the messages are sent over the air waves by mental powers, assisted by the spirit forces. (See illustration in Mental Healing).

LESSON II.

BEFORE COMMENCING THIS WORK place yourself in the best magnetic condition; have your body in perfect health, clean and pure. Your mind should be perfectly clear; also at perfect ease, and engaged on the one thought only—healing. Consider well beforehand the nature of the communication you desire to send or give. Think it over quietly and calmly.

LESSON III.

TRANSFERRING THOUGHT.—In transferring thought, take time; never be in a hurry; never become excited, nervous or agitated, and, above all things, never allow yourself to doubt but that the thought is being transferred, and that the mind of the patient is being impressed, just the same as it would be were he standing right before you, listening to every word you say. Never allow yourself to doubt that your message is making the exact impression that you expect it to make. Do not allow yourself to think you are not affecting the direct results. Remember that Mental Healing requires intensity of thought and feeling.

Deliver your message with as much care as though you were holding a personal interview. Do not merely think over the words you wish to use, or speak them with a dragging, monotonous, uncertain way; but be careful to articulate every word and syllable plainly, and deliver it with emphasis, as though you were talking with your patient face to face.

Remember this is a very important step, and it will mean much to you. Much practice should be given to this particular subject, as you will realize after you have perfected and mastered this science your name will become known from ocean to ocean.

LESSON IV.

OPERATOR AND SUBJECT.—In the transference of thought, when both the operator and subject are in the subjective condition, each should earnestly fix his mind upon the subject he has in view—healing. Consider well the message you desire to send, and give yourself up to that one thought with all the earnestness you possess. Give the message plainly, positively and emphatically; think over the message well; also think of the sick patient at the same time; have him before you in your mental vision. Then repeat the healing message several times, not only mentally, but orally.

LESSON V.

USING THE PHOTOGRAPH.—In order to enable the student to concentrate his mind more deeply upon the patient who is receiving treatment, request them to send you their photograph, one of which is of recent date, if possible. If the patient cannot supply you with a photograph of recent date, then accept the best obtainable.

Go into a room alone; seat yourself in a comfortable position; allow your mind to be in a perfectly calm state.

Hold the photograph before you; look directly at the root of the patient's nose, between the eyes. Then ask your spirit guides to help you, believing firmly that they will. Offer a prayer to God in behalf of the sufferer. Have perfect faith in what you ask for, in God, your spirit guides, and also confidence in yourself.

Then send your healing message directly to the patient. Do not allow your mind to dwell upon any other subject but that of healing.

LESSON VI.

SENDING THE MESSAGE.—After looking at the photograph for a few moments, place it aside, and then picture in your mind the patient to whom the photograph belongs. After you have him mentally before you, start as follows: "You are from this very minute growing stronger; your pains are positively leaving you; you will fall in a sweet sleep; you will awaken feeling refreshed and relieved; you are getting perfectly well. My spirit guides will help me to cure you; you are rapidly getting well; you are improving; you are growing stronger. To-morrow you will feel quite improved; you cannot, you shall not, remain sick any longer; you look better, you feel better; you are improving every moment."

REMEMBER, you must keep the patient constantly in your mind when sending the healing message. You must firmly believe that the patient is improving. Do not say to yourself, "I wonder if they are getting better," or "I wonder if they feel the effect of the message that I am sending?" But you must firmly believe that your message is doing just what you desire it to do—the same as you would if the patient were sitting before you, or the same as you would if you told a person to bring you a certain something.

LESSON VII.

LOCK OF HAIR.—In case the patient is unable to send you their photograph, request them to send you a lock of their hair removed from the crown of their head. Hold it tightly in the palm of your left hand; at the same time allow your mind to be strongly concentrated upon the sick patient. Try to picture in your mind how the patient looks (this can be done very easily by mastering the lessons on Clairvoyance, in the first book on the Development of Clairvoyance and Mediumship, Series A). Immediately upon your receiving an impression of their image, take it for granted that the spirit has placed before you the sick patient. Then speak out in a low but positive tone of voice, just as you would if the patient were standing or sitting before you, "Your pain is leaving you; you are now getting better; you are rapidly improving; you cannot remain sick; you are now feeling better; to-morrow you will feel like a new person; to-night you will rest sweetly; you will sleep soundly; you will awaken feeling refreshed and much improved."

LESSON VIII.

DIAGNOSING THE PATIENT'S DISEASE.—You will find the lock of hair will also enable you to make a correct diagnosis of the patient's disease, and be also able to tell them how they are suffering, or in what part of the body they suffer most. Hold the lock of hair tightly against your left temple with your right hand; allow your mind to become perfectly blank; then strongly concentrate every thought upon the patient. Allow yourself to be given up to the spirit which guides you to operate. Close your eyes tightly, and think only upon the subject for a few moments. Then you will feel yourself sinking into a semi-sleep. Your body will seemingly go through a complete change; you will not hear any sound; you will begin to feel weak; then you will know that the spirit of the sick patient and your own spirit have left the bodies, and are in communication. Your spirit (soul) will travel to the room of the patient (piloted by your spirit guide), and will gain the desired information, then return to your body (flesh). You will then have the exact feeling of your patient. If you feel pains in your back, or in any part of your body, then you will know that your patient is suffering likewise. If you feel as though your mind is wandering, and that you can't control it, that will be an indication that the patient is suffering from insanity. If your lungs ache, and you begin to cough, you will know the patient is suffering with lung trouble (consumption). If your heart begins to flutter, and a sharp pain shoots around the heart, you will know the patient has heart trouble. If you have a bearing-down feeling in the lower part of your stomach, and sharp shooting pains through the sides, just above the hips, you will know (if a woman) that the patient has womb trouble. If a man, and the pains are in the lower part of the back, you will know the patient has kidney trouble. If you have a heavy pressure in the bowels you will know the patient is suffering from constipation, and so on, just as you receive the pains you will know your patient is suffering in the same manner.

LESSON IX.

OPERATOR INSTRUCTING PATIENT.—Before commencing to heal the patient it is absolutely necessary to instruct the patient to sit at a certain hour (their own standard time) each day you are to send the healing message, so as to enable them to concentrate their minds upon the message you are to send, and the message they are to receive.

Always impress upon the patient sincerity, so as to cause them to have perfect faith and confidence in you and your work. Be sure to tell them to do just as you say. Tell them without their faith and confidence in your work it will be much harder for you to affect a permanent cure. Tell the patient to write to you after each treatment, and tell you how rapidly they are improving or recovering from their illness. Matters not how the patient is suffering, or how complicated the diseases chance to be, always believe, and cause your patient to believe that you can positively cure them. Tell them if they will do just as you direct you will surely cure them.

LESSON X.

FACTS OF VITAL IMPORTANCE.—Diagnosing the disease from a lock of hair.—In most all cases the patient will be anxious to know from what disease they are suffering, and as we have given you some very important facts and instructions in Lesson VIII, yet we feel the student will necessarily need further or greater advice on the subject. In order for the student to become more perfect upon this very important matter, so as to be able to inform the patient of their exact complaint (disease), we take great pleasure in referring you to our course in Spiritualism and the Development of Mediumship, Series A. In the above-named course of lessons we give the student the most powerful and instructive lessons ever published. We cheerfully advise our students to take up all of our

courses and instructions, as one greatly assists the other. To be a good Mental or Magnetic Healer it is necessary for you to be a good hypnotist, and to be a good hypnotist it is necessary that you should be a good clairvoyant; and to be a good clairvoyant you should be a fully-developed medium. To be a good medium you must thoroughly understand Spiritualism, also Personal Magnetism, and White and Black Art.

It is positively understood that one of these great sciences will assist the other, and to be perfect master of Occultism it positively requires the student to understand all phases of our teaching. In order to diagnose a disease at a distance it requires the power of Psychometry (reading from a lock of hair, photograph, or any article received from a person).

LESSON XI.

When a student develops Mediumship he then understands how to call on the spirits to help him; he also knows who is his guide, and his guide or guides will at all times be ready to help and serve him as a faithful dog serves his master. Personal Magnetism, Hypnotism, Mesmerism, Mental and Magnetic Healing, Telepathy, and all Occult Sciences originated from Spiritualism. Without the aid of spirits man can do nothing. Every man possesses more or less spiritual power. Every man possesses more or less mediumistic power. Having the power and not knowing how to apply it, places you in as bad a position as you would be if you were out upon the sea in a ship without a rudder, compass or pilot.

LESSON XII.

SUCCESS.—The success of Mental Healing depends solely upon the perfect concentration of the mind of the operator. The patient must have faith, and also concentrate his mind upon the operator, especially when the operator is giving treatment.

To those interested in the subject, and who understand the methods of treatment, and who desire to experiment in its use, I wish to say that they should not become discouraged should they chance to fail during the first two or three trials, for there are some persons possessing and thoroughly understanding all the necessary laws who fail to make any impression upon some persons, after an honest and most faithful attempt. Why do some of the best operators meet at times with failure? Simply due to the fact that the patient fails to do as requested by the operator.

While there are some persons who are sensitive and easily impressed, there are others upon whom no impression can be made; yet, the same person may be easily influenced by other operators. Some of the most successful operators are unable to influence some subjects (patients) who are easily influenced and permanently cured by others; yet, perseverance and confidence on the part of the operator will finally gain success, even when the first and second attempts failed to produce effect or make any impression.

LESSON XIII.

IN THE TREATMENT of diseases by the power of Mental Healing it is necessary that there should be an affinity between the operator and the subject (patient); if not, very little good can be accomplished, though some other Mental Healer might meet with wonderful success with the same individual. It is similar to personal association.

There are some persons in whose presence you feel more cheerful and free in every respect than you do in the presence of others.

Some persons you meet you feel perfectly contented and free when associated with them; then, again you will meet some persons in whose presence you feel perfectly miserable. This is known as

Personal Magnetism, or magnetism at work; but it is true in the practice of Mental Healing, where there is no affinity between the operator and the patient very little good can be accomplished.

If the operator ascertains that he cannot treat a certain case successfully, it is his duty at once to recommend to the patient that he employ another, with whom there can be more affinity. The sick patient should treat Mental and Magnetic Healers in the same way they do medical doctors—that is, when one fails to cure (the patient) after a thorough trial, do not hesitate to change. If a family physician be employed, have another to come in with him in consultation, to which arrangements the family physician is always ready to consent. I would cheerfully advise those between whom this affinity is known, to come in rapport with each other, and have an understanding, no matter how many miles apart they may be.

LESSON XIV.

WHEN THE OPERATOR BEGINS, or before he takes a case for treatment, he should explain in full to the patient how he will treat him. The operator should also tell the patient to write as often as necessary, and also send him (operator) messages by mental power.

Explain to the patient how to concentrate the mind on you, in order to send you a mental message, better known as Telepathy.

WHEN THE PATIENT FEELS MELANCHOLY, or has the blues, or any new symptoms of illness, they should make it known to the operator telepathically (mental), and receive in return the suggestion for his immediate relief. By this means an interview can be had between the patient and operator without writing; also interviews can be had in like manner between friends, and as the science is in its infancy, there is no telling to what extent it may be employed.

LESSON XV.

MENTAL VIBRATIONS.—Now, with regard to the time set for these treatments. It is, as stated, better to have a certain time fixed; but in case the patient is not in a condition to receive the message of Mental Healing, that need not necessarily hinder the operator from giving it. The mental vibration will reach the patient when he is in the proper condition to receive it. A thousand patients may be treated and healed at the same time; all that is necessary is to think of your patients, and send the suggestions to each individual, allowing your mind to be concentrated upon first one and then the other.

We desire our students to follow every detail of our instructions.

In case you should desire our help at any time, we will consider it a great pleasure to help you. Write us as often as you deem it necessary. Always enclose a stamp for immediate reply. Mental Healing is produced by thought. Thoughts are things. When you have a thought let it come from your soul. Be positive in all that you think and say.

MENTAL HEALING is a powerful force, better known as Telepathy, by which a message can be sent from ocean to ocean. This wonderful force is a power which may be applied in many ways. When properly applied, persons can be made to act and do many things, even contrary to their will.

It will help the minister; it will help the physician; it will help the lawyer; it will help husbands; it will help wives; it will help sweethearts; in fact, it will help male and female of every walk in life. Especially parents in training their children.

LESSON XVI.

THE PATIENT TO BE TREATED should by all means send a lock of hair, photograph, handkerchief, or any other article desired by him or herself. This said article should be placed in an envelope or package without allowing the article sent to touch or be touched by any other person, for fear that the magnetic communication which should be formed between the subject and the operator direct will not be interfered with. Remember, that if there be any other person besides the subject (patient) should chance to handle the article, that moment there would be an interference by combining the magnetism of a third or fourth person, and thereby causing a disturbance on the part of the operator. It will make no material difference as to how many may handle the outside covering, be it an envelope, or any kind of paper, just so the enclosed article intended for the operator be handled by him, and coming direct from the hands of the one to be healed.

LESSON XVII.

OPERATOR INFORMING PATIENT.—The operator should by all means inform his patients about the exact time he intends to heal them, so that the operator knows that special time belongs to some one, as it is understood that the operator is sure to have many patients, and a certain time, if only a few minutes, must be given to each individual, or, in other words to prevent confusion of messages.

LESSON XVIII.

PATIENT PLACING HANDS UPON AFFLICTED PARTS.—The operator should by all means inform the patient to place his hands over or upon the afflicted parts, that is, if convenient for the patient to do so, and press rather firmly. The operator should also press his own hands firmly upon his own body, the same as if he were suffering with the exact pains of the patient, as this means will cause the results to be more vivid and the effect to be produced more rapidly.

LESSON XIX.

EFFECT OF MAGNETIC CURRENT.—In case the operator is treating a patient for the diseases of the kidneys, after entering his healing chamber (room) he should make all necessary arrangements, and then stand upon his feet with his face pointing directly toward the patient. No doubt you (student) will ask, "How will I know in what direction the sick patient is, if he is miles away?" To answer the question, we will say it can be done, as the magnetism, or magnetic current, emanating between the two (operator and patient) will positively cause the operator's mind to be drawn upon with such force that his face and eyes will be caused to point in the exact direction. After the student realizes, by his feelings, that he is looking in the exact direction, he should then place his hands upon the lower part of his back, allowing the fingers to press firmly upon the spinal column. This should be done for at least thirty seconds, at the same time concentrating his mind strongly upon the sick patient. After the operator has his mind strongly concentrated he should then seat himself in his usual position, with his head resting upon the back of a soft, comfortable chair. It must be understood that the operator should have one chair for the purpose, and sit at all times in that one chair when sending a message; for it is a noted fact that the chair, after being used for some time by the operator, will become charged with his magnetism, and to change will cause waste of magnetism in charging the next chair to be used.

LESSON XX.

POSITIONS.—The patient should be instructed to do identically the same as we have instructed you (student). In case your patient is unable to stand upon his feet in order to carry out the above instructions, advise them to (if sitting or lying down) place their hands upon the afflicted parts of the body, and repeat as follows, viz: “My pains are leaving me; my back is growing stronger; my kidneys are being healed; my operator is healing me; I am getting entirely well; I will soon be able to attend to my duties; I am growing well,” etc.

THE OPERATOR SHOULD BEGIN to send his message as follows: “From this very moment your pains are leaving your back; you are rapidly growing stronger; you are positively getting perfectly well; you feel the wonderful effects of my healing power; you will sleep soundly to-night; you will awaken in the morning feeling much better; your kidneys are getting well; your kidneys are getting stronger; the inflammation and fever is leaving your kidneys; you will from now on rapidly improve,” etc.

LESSON XXI.

KEEPING THE MIND UPON THE PARTS BEING TREATED.—Matters not upon what part of the body of the sick patient the operator is treating, he should endeavor to place his hands upon his own body, just the same as though he were suffering in like manner, and trying to ease the pain of himself. This is done in order to create a stronger concentration of mind and thought, thus causing the treatment to be applied with greater force. You will notice, if you have a pain, and place your hands upon the location, it causes your mind to be applied more strongly upon the parts suffering, and has seemingly a soothing effect.

LESSON XXII.

IF TREATING THE EYES.—Allow your mind to be strongly upon the eyes, and your message should be, “Your sight is getting better; your eyes are getting stronger,” etc.

If treating the patient for deafness, allow your mind to be concentrated upon the ears, and the message to be, “Your sense of hearing is returning; you will from now on begin to hear well,” etc.

IF TREATING THE SENSE OF SMELL, allow your mind to dwell upon the root of the patient's nose, just between the eyes; place your hands upon your nose at the described location, and send the healing message as follows, viz: “Your sense of smell is returning to you; you are now able to smell; you will soon be well,” etc.

As already stated, in all cases, matters not what part of the body your patient is suffering, think and speak of the said parts as instructed.

REMEMBER, if you will go about this work in a positive way you will meet with wonderful and most astonishing results; but if you are half-hearted and timid you will not meet with the desired effect.

Learn to concentrate your mind; learn to give suggestions; have implicit confidence in your ability.

When you speak, mean what you say, and say just what you mean.

Trust in God and your spirit guide at all times, and above all things try your best to lead a pure, chaste life.

Abstain from all alcoholic stimulants; keep the body in a healthy condition; take plenty of exercise; allow yourself to have at all times sufficient sleep; retire as early as possible.

Get up early in the morning; inhale the fresh and pure air. Be loving and kind to all, and pray for those who have departed this life. Be truthful and try your best to gain the good will of all persons; also animals. We desire you to learn each lesson as you go. Do not try to master all at once. At the end of each course we will be pleased to have you write and tell us of the good work you are doing, and the number of poor sufferers you have restored to health. Remember there is a most beautiful Diploma waiting for our successful students. If you will follow our instructions you cannot fail.

LESSON XXIII.

EXERCISES AND TREATMENT FOR PATIENT.—Now, we are about to enter directly upon a most valuable exercise and treatment for the sick patient. But before we give the full method it is very advisable for the operator to instruct his patient as follows:

FIRST.—When the patient is taking the treatment they should if possible be in a room alone, where they can be perfectly quiet, and if not already confined to the bed, they should be sure to lie on their back upon a couch or bed, placing their hands at their sides upon either hip, with their leg as straight as possible, and feet together.

SECOND.—The patient should be instructed to place himself in the best magnetic condition, by allowing his mind to be in as quiet a state as possible, and at perfect ease, upon the one thought only—Healing.

THIRD.—The patient is to consider well the nature of the communication which they are to receive (healing), and that they are positively going to get well. They are to think it over quietly and calmly; they should take plenty of time, and never be in a hurry; never to allow themselves to become excited or nervous. They should never allow themselves to doubt but what they are receiving the message and getting perfectly well.

FOURTH.—After the patient is or has arranged himself in the desired position he should be instructed to raise his eyes toward the ceiling, as though trying to see an object over his head.

FIFTH.—Instruct them to close their eyes and repeat the following words: “I am getting well—I am becoming stronger—My pains are leaving me—I feel the force of my operator—I can picture them in my visions sitting looking toward me—I can mentally hear them talking—I can feel their force—I am getting stronger every moment—They will cure me.” The above words should be repeated nine (9) times by the patient, and then open his eyes.

LESSON XXIV.

EXERCISES FOR PATIENT.—When the operator is treating the patient, they should be sure to instruct the patient word for word, as follows:

SIXTH.—(Patient). Look toward your feet and slowly raise your left foot toward your head, keeping the other parts of the body perfectly still, as you slowly raise the left foot, repeat, “I am getting well—I can feel my health returning—I am getting stronger—I can feel the force of the operator—They will cure me.”

SEVENTH.—Lower the foot down slowly, repeating, “I am getting stronger—Stronger—Stronger.”

EIGHTH.—Slowly raise your right arm up toward your head, allowing it to continue back as far as possible, without causing any unnecessary pain. Repeat, “My pain is going—My nerves are better—I am feeling much improved—All pains are leaving my body—I feel the force.

NINTH.—Lower your arm (right) slowly, repeating the words, “I am getting well—I feel better—I am rapidly improving.

TENTH.—Raise your right foot in the same manner as the left one was raised, repeating the same words as when you raised the left. Lower it slowly, repeating the same words as when lowering the left one.

ELEVENTH.—Raise the left arm, repeating the same words as when you raised the right arm.

TWELFTH.—Slowly lower the left arm, repeating the same words as when you lowered the right arm.

LESSON XXV.

THIRTEENTH.—After the above exercise has been completed, the patient should rest for two minutes.

FOURTEENTH.—Raise the head upward slowly, as far as possible, keeping the shoulders down upon the bed, repeating the same healing words, “I am getting perfectly well,” etc. Lower the head slowly. Rest three minutes.

FIFTEENTH.—Raise the body upward slowly, keeping the legs and feet down, pressed hard against the bed or couch. Repeat the words, “I am getting well—I am getting well—I am feeling so much stronger—I will not—I shall not remain sick—I am getting perfectly healthy and strong.”

SIXTEENTH.—Lower the body slowly, repeating the same words, as when raising the body; keep the hands pressed tightly against the sides (hips).

SEVENTEENTH.—After raising and lowering either limb and body, rest for five minutes.

EIGHTEENTH.—Turn yourself, if able, upon your stomach; if you are not able to turn request someone to assist you. Raise and lower the feet, both together, bending at the knees; lower them in like manner.

NINETEENTH.—Raise the hands upward as far as possible; lower them slowly.

TWENTIETH.—Turn again upon your back; make the whole body perfectly rigid; slowly raise your body as high as possible, keeping the head and feet (heels) upon the bed; remain so a few seconds; then lower the body down slowly.

LESSON XXVI.

IMPORTANT.—Operator should instruct patient when taking these treatments to not allow themselves to think they are not receiving the messages, and do not say, “I wonder if I am receiving the messages those operators are sending.” But they should be instructed to firmly believe the messages are doing just what they should do.

They should have implicit faith in the operator and confidence in the treatment.

THIS EXERCISE AND TREATMENT is given to strengthen the muscles, nerves, brain, etc.; also to cause circulation of blood, and should be repeated at a certain given time each day. Patient should keep his mind on the operator as much as possible, even when not going through the treatments.

BEFORE COMMENCING THIS WORK, the operator should make up his mind that he is going to cure the patient. Remember that you are an image of God, a part of God, God is all power, all strength, and all health. God dwells within you. God is your spiritual being, the inner man. The inner man is God. The mind is over matter (flesh). Spirit must say to flesh, "Flesh, get well," and flesh must obey. The student will find these exercises wonderfully beneficial for their own use, as well as for the cure of their patients.

LESSON XXVII.

TREATMENT CONTINUED.—When the patient is about to retire, operator should instruct them to repeat the following words:

"I am now going fast asleep—I will awaken in the morning feeling refreshed." Believe what you say, and say what you mean, and mean all that you do say.

Sleep with your room well ventilated. Avoid all draught. Retire early, not later than 10 p. m. Get up early, 5 a. m., if possible; after dressing, open window of bed-room, stand perfectly erect, inhale the fresh air by taking long, deep breaths through the nostrils, mouth closed. Exhale with mouth open. Keep the system well cleansed. By all means the bowels should be moved once each day. Have perfect faith in God, your spirit friends, and have implicit faith in the operator and the treatment.

If the above is followed as directed, will also teach a wonderful lesson in suggestions.

LESSON XXVIII.

TO FURTHER EXPLAIN A SUGGESTION.—A suggestion is a thought orally or silently (sometimes a gesture may represent thought) projected into plastic parts of the subject's mentality. It is always understood that a condition of expectancy has been previously induced by persuasion, fascination, command or argument, for without this state of plasticity suggestions would only be so many idle words spoken.

A suggestion, to be effective, must produce a characteristic impression, for as the impression is, so will the expression be, whether in the body, the outer or inner life of the recipient.

The strongest suggestion, whether past or present, is always operative in the body of the individual.

The reason why mental or suggestive treatments fail to cure diseases in certain persons is because of the stronger influence of past suggestions.

A perfect state of suggestibility is obtained the moment the subject's attention is secured.

Mental Science is the knowledge of the ability to control the thought by the power of an educated will. Mental suggestions are operative without regard of distance; to the soul space is not limitation.



MAGNETIC HEALING.

MAGNETIC HEALING.

SERIES E.

PART 5.

TO CURE DISEASES BY THE MAGNETIC METHOD, always remember that to impart vital energy you must maintain a standard of perfect health, and to know how to accumulate surplus magnetism, that it may be given out to the patient whose body is in a starved or deranged condition.

In order that you may be able to absorb magnetism from the atmosphere and the earth your body must be kept scrupulously clean, as every perspiratory gland acts as a breathing tube for receiving this vital energy into the body.

ONE WHO HEALS THE SICK ought to live much in the open air, especially after giving a treatment to a patient with reduced vitality, it is well to step out into the pure air, or into a well-ventilated room, and take a number of deep breaths, holding the thought that magnetism is being received into the lungs. By doing this health and strength will always be preserved. Remember this force is sensitive to the one who desires it for use. Always wash your hands in cold water before and after treatment. If the disease is of an inflammatory character it is well to bathe the hands once or twice while giving the treatment. In this way you will avoid taking on the diseased condition of your patient.

BEFORE BEGINNING the treatment, let your hands hang at your side for a few moments, to allow them to fill with blood; then rub the palms together briskly until they are quite warm. It is also well to swing them to and fro for a minute or so, in order to circulate the blood freely. Always keep in mind the desired end to be obtained—freedom from pain, the return of strength, or the restoration of perfect health. The application and length of time required in giving a treatment will be fully explained further on.

ALWAYS KEEP THIS THOUGHT IN MIND, that this invisible magnetic force is the binding link between mind and matter, and that it is very obedient to the master of this curative energy.

To give you a thorough understanding, and to impress upon your mind the value of this wonderful force of treatment, and the power of our method, I will cite a case from actual practice. Every woman or man engaged in giving treatments for a considerable length of time will develop a system peculiar to themselves. No two persons treat exactly alike; if they did there would be no growth. This system is the result of twenty years of actual practice in healing and teaching. I am positive that this is the best known system on earth to-day.

I have always explained to my patients that which I desired to accomplish as clearly as possible,

before I begin to give the treatment. If this is done in a convincing way the victory is half completed. Always assume that you can produce the one thing that your patient seeks—that is Health.

I will here give you a wonderful case which I treated and successfully cured in a few hours, after some of the leading physicians pronounced the case hopeless. I will also, with the consent of the patient, write their testimonial, which I received from them, word for word, after my work was finished:

“During the month of August, 1904, in the early morning, I received a hurried call at my office, by phone, requesting that I would kindly call at once to see a suffering patient, who resided at Towson, Maryland, a town of a few thousand inhabitants, situated about 12 miles from Baltimore. I informed the messenger that it was impossible for me to call at once, due to the fact that I had several patients waiting in my office for treatment; but I would call as soon as possible. The messenger then said, ‘You must come, or the patient will die.’ I then assured him of the fact that the patient would not die, and gave him instructions as follows: ‘Go tell the sufferer that I can cure her, and will be there by noon.’ I also advised him to tell the patient that she would begin to improve immediately.

“The messenger hurried to the bedside of the sufferer, and delivered my message. At noon, according to promise, I entered the residence of the patient, and immediately hurried to her side, finding her in quite a weak, exhausted condition.

“Her first words were: ‘Dr. White, do you think you can help me?’ After looking at the patient for a few seconds, directly in the eyes, I then smiled and replied, “Dear madam, I will not only help you, but I am here to restore you to perfect health.’ I then noticed her countenance changed at once. I then placed my hands on the afflicted parts of her body, made several passes, and requested her (the patient) to get out of bed. She told me it was most impossible. I made a few more passes over her body, and said: ‘Now, come, get up, you are better!’ She did so, though very weak. I sat her in a chair which was by the side of her bed. I then made passes over her face, causing her to fall into a sweet hypnotic sleep. After carefully manipulating the parts needed, I advised her to open her eyes. She tried, but could not. I then snapped my fingers together; at the same time I told her in a loud tone of voice to open her eyes. I then gave her a thorough magnetic treatment, and after finishing I requested her to dress. I then gave her instructions pertaining to her condition, bade her good-bye, and left her. I continued to call daily for four days, and then requested her to call at my private office.” The following is a written statement received from her, word for word, which will speak for itself:



GIVEN UP TO DIE.

READ THIS WONDERFUL STATEMENT.

“To Whom It May Concern:

“After months of untold suffering, and being treated by several of the best physicians in Baltimore and elsewhere, I was left upon my bed of affliction to die. Physicians attended me for quite a long time; they gave me all kinds of medicine, and even held consultations over my poor suffering body, and, placing me under the most severe examinations, my family was advised of the news that I was beyond hope. They even went so far as to tell my loved ones to look for the worst at any moment. I felt there was a brighter hope. I called my son, and told him to go for a certain Dr. White, at 1917 East Pratt street—thank God, I did, for the very moment he came and walked into my bedroom I felt his force. He came up to me, placed his hands on my body, and then told me to get up. I told him I could not. He insisted upon my getting up. I did according to his directions, though very weak. He placed me in a chair, and passed his hands over my face. I felt a most strange sensation—I fell asleep—he worked on me for a few moments. I could hear him talking; I could feel his hands; I could not move. He then told me to open my eyes. I tried, I could not. He then smacked his hands together, and said: ‘Now you are awake;’ so I was. He told me to dress; I did so. He gave me instructions; I followed them. The next day I was able to walk downstairs and sit on my porch. In a few days I was perfectly well, and strong enough to drive to his office. People from all parts of the country where I lived heard of the wonderful cure. They came to me, and asked me if such was the case. I was only too pleased to tell them of this wonderful man and his wonderful system of curing the so-called hopeless cases. I can truthfully say that Dr. White has restored me to perfect health. Words cannot begin to explain my condition prior to his treatment. I can only say to those who are ill, and desire to be restored to health, to go and see this dear man; he will cure you. If you desire to call or write I will be pleased to tell you of his wonderful healing power. Words fail to begin to explain my weak, suffering condition before this doctor called to see me. Now I am well.

“Yours very truly,

“MRS. MARY SEIDEL, Towson, Md.”

The above is only one of the many hundreds of cures that have been performed by the exact methods in which we so plainly give you in this valuable course of instructions. We publish the testimony in order to impress upon the student's mind what can and has been accomplished by magnetism. This course of instructions you will find written in the most explicit manner, and if followed as directed you will meet with the same wonderful results.

LESSON I.

BEFORE ENTERING directly upon the exact methods of curing diseases by the power of Magnetism, known as Magnetic Healing, I feel that it is first necessary to explain a few simple tests in order to enable the student to better understand the principles of the science of Magnetism.

THE OPERATOR, to be successful in handling this science, should be of sound mind and body, thoroughly self-possessed, with a will not easily distracted from its work, but full of determination to conquer, remembering at all times that you are surrounded by skeptics whom you can and must conquer, as you are placing sound, honest facts in opposition to the mythical ideas of others.

TESTING FOR SUSCEPTIBILITY.—In beginning to determine those who are susceptible to Magnetic Healing, it is best to place several persons in a row or circle, and if there be equal numbers, of both sexes, distribute them equally between each other, thereby concentrating the male and female magnetic currents, or the positives and negatives, thus forming a complete circuit, similar to the positive and negative of electricity.

LESSON II.

THE TEST OF MAGNETISM.—Having formed your circle, secure, if possible, a short reed cane—one that has no metallic substance about it; if the cane is not obtainable, try to borrow a common wash-stick, such as is used in all kitchens for the clothes boiler, being in reality only an ordinary broom handle. We have found the broom handle to answer admirably, because in most cases when the operator brings his own cane with him the skeptics will readily accuse him of having the cane prepared for the purpose with an electric battery secreted within it somewhere. So when convenient try to obtain the broom handle, and save yourself from any possible doubt as to your honesty.

A NEW BEGINNER should understand that wood in its dry or curative state is a non-conductor of electricity, but a perfect conductor of Magnetism. The stick should be grasped firmly by both hands, at about the centre, and held so for about one-half minute; then the firm grasp should be relaxed, and the hands passed backward and forward over the stick, from centre to end; then reversed, with the ends of the fingers touching the stick during all of the passes. Your stick being now magnetized, place it aside, where no one can handle it for the present.

You will then request all persons in the circle to join hands with one another, requesting them to not undo their hands until you so direct them. After all have joined hands you then proceed to make the magnetic circuit complete by pressing with your thumb the ulna nerve, which is located about one inch back of the knuckles and between the little finger and the one next. The rest of the fingers should be placed upon the medius nerve, which is located right at the root of the thumb, or, more properly, near the centre of the palm of the hand. The pressure by the operator's hands on the nerves mentioned need only be momentary; but before removing the hands give these nerves of each person one or two slight rubs. In beginning this portion of the test it is understood that the operator will start at either end of the circle of persons, and continue until every person has received this portion of the test. Then you place yourself in rapport, or in communication with everyone in your circle. You then take the stick, which has been previously magnetized, make two or three passes over it, as you did in the beginning. Select any one person from the circle, place the end of the stick in this person's hand, being careful before this person's hands are broken from the circle of persons that you hold their hands in yours, requesting the persons on each side of the one whom you have selected, to take hold of the wrists of that person. Thus you see by this method you have kept the circuit intact.

Then the operator should hold his left hand on the end of the stick, with the ends of the fingers touching it at all times. The right hand is then placed on the stick, with the tips of the fingers only near the left hand, allowing the right hand to remain in this position for a short time; pass the right hand downward, tips of fingers always on the stick. The passes should always be toward the subject. After making these downward passes about half a dozen times, place the tips of the fingers of the right hand steadily, about midway of the stick, holding this position until you have asked each person in the circle whether they have felt the effect of the magnetic current. The test, as before stated, is merely done to demonstrate in a practical manner the power of Magnetism.

LESSON III.

FORMING THE POLES OF THE MAGNET.—After the student has made the circle test, and observed closely the number of persons who had felt the effects of the magnetic current, he should note carefully who the susceptible ones are. He then places the stick aside, and requests all persons in the circle to disjoin hands, keeping the persons still sitting in their same positions. He then proceeds to ask each one in turn to extend their right hand fully opened, with their fingers tightly pressed to-

gether. The student will then form the horse-shoe magnet with the thumb and forefinger of his right and left hands, at the same time closing the three fingers very tightly into the palm of his hands. This will give him both poles of the magnet (positive and negative); see illustration in first lesson of this course.

CONVEYING OF THE MAGNETIC FORCE.—The student must bear in mind that he is acting the part of the instrument which conveys the magnetic force, and to convey this force his hands, which are the magnets, should always assume the form of magnets. This is very easily accomplished by allowing the fingers to remain apart and inclined slightly inward from the tips of the fingers toward the palm. This is the only proper position for the student's hands in operating at all times, as also in curing magnetically, which will be more clearly explained in the lessons that will follow.

LOCATING THE ULNA AND MEDIUS NERVES.—We here desire to impress upon the student the importance of properly locating these two vital nerve centres of magnetic influence. As stated before, the ulna nerve is located about one inch back of the knuckles, between the third and fourth fingers. The medius nerve is located near the centre of the palm of the hand, just at the base of the thumb. These two nerves are very essential to the student's work at all times.

LESSON IV.

VALUE OF THE MAGNETIC TESTS.—As the student studies deeper into the science of Magnetic Healing, he will find the preceding test to be an invaluable aid to his success; for should he, in the course of his experience, be called upon for the purpose of treating, and should discover that the patient lacked confidence in his ability to successfully perform a magnetic cure, the student could, by giving the patient a practical demonstration of his magnetic power by giving the circle test in the presence of the patient, or by simply operating upon the patient's arm, as explained in Lesson I. This will undoubtedly inspire confidence on the part of the patient, and the student will then be gratified to observe that the patient will unhesitatingly express his perfect faith in the magnetic science, thus assuring a permanent cure of the ill.

LESSON V.

LOCATING SEAT OF PAIN.—To cure an ache or pain magnetically the student should first determine the exact location of the pain, and the causes leading up to it. He should also acquire a general knowledge of the nervous system, as this will enable him to make a more accurate diagnosis. Having determined the nature of the ailment, and the exact location on the body, the student is then prepared to begin the treatment.

METHOD OF PROCEDURE.—To cure a headache, or any other pain, no matter where its location may be, the student must always place the right or positive hand directly over the seat of pain; the left or negative hand directly opposite, allowing both hands to remain in this position for a few moments, thus concentrating the magnetism. This soothes the nerves of the afflicted parts, and causes the pain to scatter them by moving both hands downward toward the extremities; draw the hands gently away from the afflicted parts, thus carrying the pain with it. When you have reached the extremities of the body of the patient perform the motion with your hands, as though you would throw off some sticky substance which had adhered to them. Repeat this process until the patient is relieved. You will be more than surprised at the results obtained. These are only general rules laid down with reference to the curing of pain instantly. In cases of long suffering, where the nervous system has become greatly weakened, the treatment should be applied first to the brain, and then to

the spinal column, and so on down to the extremities, treating the patient in a similar manner as you would in a case of curing pain instantly, with the exception that the hands (student's) are not thrown off. Instead, the student will manipulate his hands lightly in direct contact with the patient's body along the entire course of the nervous system.

A TOOTH-ACHE must also be treated differently. It would be impossible for the student to place his whole hand in the mouth of a patient, so he should first locate the tooth which is affected, and then place only the forefinger and thumb (formed as a magnet) of the right or positive hand on one side of the gum of the affected tooth; on the opposite side of the gum the student will place the forefinger and thumb of his left hand, also formed as a magnet. Allow these two magnets to remain on the gums for a few moments, and then draw them both together out from the centre of the mouth, throwing off as above stated.

GENERAL MAGNETIC TREATMENT.

LESSON VI.

GENERAL TREATMENT.—By general magnetic treatment we mean the treatment applied to the whole body.

The student should begin with the head, with his right hand to the patient's left temple, and his left hand to the patient's right temple, making the downward passes, proceeding along the throat and neck, throwing off the magnetic force at the shoulders; then starting again at the shoulder of the right arm, making the downward passes until you have reached the extremities of the fingers, throwing off the force at this point. Repeat the same movements under the left arm, and then proceed with the chest, the abdomen, the back, right and left legs. All the manipulations must be as described in the foregoing lessons. The patient must be lying in bed, well covered on those parts not operated upon. In operating upon the back the student must see that his patient is resting easily, not having too great a strain placed upon the abdominal region.

IN REGARD TO THE TIME NECESSARY to spend in giving a general magnetic treatment we would advise the student to begin with thirty minutes, and gradually increase the time, so that one hour is consumed at the end of the first week. The length and the severity of the treatment should always be regulated by the patient's condition.

GENERAL MAGNETIC TREATMENT should not be employed until two hours have elapsed after meals. As soon as a part is operated upon it should be covered up at once.

LOCAL MAGNETIC TREATMENT.

LESSON VII.

BY LOCAL TREATMENT we mean the treatment applied to the different parts of the body at one time; for instance, treatment of the shoulder.

TREATMENT OF THE LEG.—The patient in lying, or half lying, on a bed or a couch. The operator or student at his side performs the following manipulations:

- 1—Work down from the hips to the ankles, and from the ankles to the extremities of the toes.
- 2—Work upon the outside of the leg, from knee joint to the ankle, covering the foot also.
- 3—Work upon the inside and posterior part of the leg.
- 4—Work upon the outside, inside and the back part of the thigh, making downward passes to the extremities of the foot, and there throwing off.
- 5—In certain cases (dropsy, rheumatism, etc.) it is well to have the limb elevated.

MAGNETIC TREATMENT AND SUGGESTIONS.

LESSON VIII.

MAGNETIC TREATMENT OF THE ARM.—If your patient is suffering with pains in the arm or arms, from rheumatism or otherwise, the student should see that the patient is seated in a comfortable position.

At the same time he should place his chair directly in front of patient, taking hand of the afflicted arm in his left hand, holding it gently for about one minute; then begin to make the magnetic passes. Start from the shoulder, by placing your right hand firmly upon the shoulder; you should begin to make downward passes to the extremities of the fingers. Be careful not to give too much pressure upon the seat of the pain, but allow your hand to rest upon the seat of pain for about one-half minute, and then continue with the downward pass, and throw off at the fingers.

While giving the treatment, say to your patient, "Now, your pains are leaving you; I can feel it in my hand. Your arms feel better. As I draw my hand down from the shoulder over the afflicted parts you will feel the pain leaving you. Your arm is getting better; your arm is getting entirely well."

LOOK YOUR PATIENT IN THE EYES when giving the treatment. Tell him to repeat to himself mentally the following words, "My arm feels better. I cannot feel any pain in my arm. My arm will soon be entirely well. I feel no pain in my arm."

This treatment should continue for at least one-half hour, and in all cases give suggestions as directed. Never allow your patient to think that you cannot cure him. Never tell him the case is a bad one. Always speak of it in a slight manner, and say it is easily cured.

MAGNETIC TREATMENT OF THE BACK.

LESSON IX.

TREATING THE BACK.—The patient should in all cases be lying on his face, having a pillow under the head in order to slightly elevate the upper portion of the body. The arms should be kept at the sides. The operator (student) should begin making the magnetic passes with both hands, one on each side of the spinal column, from the base of the skull down to the sacrum. If on a large person, the operator had better divide the back into three parts, in such a manner as to first work next to the

spinal column, then over the centre of the back, and finally over the sides, remembering that the last manipulation he may conveniently reach the liver or spleen, if desirable, in certain cases. But in all cases when making the passes be sure to rub downward, and throw off at the stopping place. It is also understood that the operator should tell the patient that he will positively cure him, and constantly give suggestions. At all times work with your patient in such a manner as to cause him to have perfect confidence in you; also your methods.

TREATING AN INFANT.—In the case of an infant, and especially in infantile paralysis, the operator should only use the index and the middle fingers—one on each side of the spinal column. The passes should be made downward, and throw off at the extremities of the spinal column.

TREATING AN INFANT WHEN LIVER GROWN.

LESSON X.

AMONG INFANTS, especially between the ages of six and eighteen months, a disease known as “liver grown” is very common, and in many cases children are known to pine away, and die from want of proper treatment. In order to successfully treat an infant for the above-named complaint, student should take the child, place it into the lap, with its face downward. Begin to make the magnetic passes with the index finger and the thumb of both hands, operating on both sides of the infant’s spine. Starting from the part of the spine just where the neck joins the body, making the passes downward to the lower extremities of the spine, and then throw off the force. After this has been repeated for fifteen minutes, turn the infant over upon its back. Start to make the passes with the two thumbs, keeping the fingers closed. Start at the region of the heart, and make the passes downward toward the abdomen, just at the point of the ribs.

IMPORTANCE.—All diseases that are treated by magnetic force are treated in the same manner, that is to say, the passes should always be made downward. Matters not upon what portion of the body the operator begins he should always make downward passes, and throw off. This is done in order to throw the disease from the body. In case the operator fails to throw off the diseases, after making the passes, it has great tendencies to cause the disease to become more severe; in other words, it causes the sufferer to suffer all the more; furthermore, it scatters the disease to all parts of the body, thus doing more harm than good.

LESSON XI.

THE VALUE OF SUGGESTIONS.—When treating a sick patient you will find that the proper suggestions are invaluable. For instance, you are called in to treat a patient. You first learn the cause of his complaint, or the nature of the disease. You will listen attentively to every word the patient has to say. If he tells us he is and has been suffering for some time, and that he has tried all kinds of medicine, and that he has employed different physicians without gaining satisfactory results, do not allow that to have any discouraging effects upon you whatever. But look your patient straight into the eyes, and say, “Sir, no doubt you have tried all sorts of medicine; no doubt you have become disgusted with the doctor’s treatment. That matters not. I can and will cure. My method of treatment is quite different from all others. I have cured worse cases than yours, and I will cure you.” Always work and speak in a most positive manner. Be kind; speak gently, but

positively. Go about your work in such a way so as to let your patient see that you thoroughly understand your business.

Tell them after you treat them two or three times they will feel like another person. If the patient should ask you if you think you can cure him, do not say you think so, but say, "Yes, I can cure you positively; yes." If your patient asks you if you think his case is a bad case, you should answer him by saying, "No, it is only slight, and all that is needed to effect a cure is a few magnetic treatments from me." Give suggestion constantly to your patient. If you tell him his case is a bad one naturally he will think it is bad, thus causing you (student) to have greater trouble in affecting the cure. If you say the case is only slight he will naturally think the same. If he does not, by your giving the strong suggestions it will soon cause him to think and act as you speak.

LESSON XII.

STUDENT INSTRUCTING PATIENT—The student should always request patient to remove clothing from the parts that are to be treated.

Explain the value of the treatment when it is applied to the bare skin. Never treat a person through the clothing. While the pain can be removed by making the passes over the garments, yet it is much easier to affect a permanent cure when the operator can apply the treatment upon the nude flesh. The student should always impress the patient with the fact that he is getting better; even though you find the case is severe and difficult to remove never allow the patient to think so.

Request the patient to avoid all persons from placing their hands upon the afflicted parts while you are giving treatments. Try, if possible, to treat the patient during the day; avoid magnetic treatments at night. This is simply done to avoid any unpleasant effect after retiring.

LESSON XIII.

MAGNETIC TREATMENT OF THE HEAD.—The patient should be seated in a comfortable position, head resting upon the back of a chair. The student should stand directly behind the patient, in order to allow the head to press against his bosom. Then place the hands upon the patient's forehead, with fingers touching. Begin to make the magnetic passes by drawing the hands over the patient's head, toward the temples, until the back part of the head is reached, at the same time throwing off the force. Continue this treatment for at least ten minutes, giving the following suggestions: "Your head is feeling better; your pains are now leaving you. After I have thoroughly treated you you will feel drowsy and sleepy; you will go to sleep; you will awake feeling refreshed; your pain will be entirely gone.

Then request your patient to sit up straight in the chair.

Stand to the left of the patient; place your right hand at the back of the head, and your left hand upon his forehead. Begin making the passes toward you, drawing the hand from right temple to the left, and throwing off the force. If possible, these treatments should be repeated once every day in the early morning till cured.

LESSON XIV.

MAGNETIC TREATMENT OF THE NECK.—The patient faces the operator with the head thrown back, so as to expose the neck.

The operator places his hands at the lobes of the ears, and performs the magnetic passes downward to the shoulders, and then throwing off. The patient should be told to breathe freely and easily.

This method is used principally to increase the circulation in the veins of the neck. The student should give the suggestions, saying, "Your pain is now leaving; your neck feels better; you will soon be well." When facing the patient always look him in the eyes.

LESSON XV.

IMPORTANT TO STUDENT.—In case the student (operator) has a large number of patients to treat daily, it is absolutely necessary to take particular care of your own body, and to protect your strength as much as possible. It is a positive fact that Magnetic Treatment, when given constantly to a number of different patients, will draw greatly upon the operator's strength, and if great care isn't taken it will soon render the operator unfit for practice.

DIVERSION OF THE FACULTIES.—It is an established fact that all human faculties need a diversion or rest.

The mechanics without proper rest from his daily toil would soon lose his physical strength.

The man of business must have diversion or rest from the constant strain to which his mental faculties are subjected, otherwise his mind would be impaired. Just so with the student in the science of Magnetic Healing. The magnetic force which he employs to relieve the sufferings of his patients is constantly drawing from him that energetic and powerful force. This force being largely a part of the mental faculties, his mind requires a rest and diversion from the labor and strain, in order that it may gain time to recuperate and re-supply the wasted tissues with newly stored magnetism. Therefore, we advise the student to rest from his labors in the science of Magnetic Healing whenever he should feel his magnetic power becoming exhausted. He should, by way of rest and diversion, practice Lesson LII, in our first course, Spiritualism, Series A.

LESSON XVI.

MAGNETIC TREATMENT FOR RHEUMATISM.—If the operator is treating a patient for rheumatism, the first important step to take before giving the Magnetic Treatment should be as follows: See that the patient's system is thoroughly cleaned. This can be easily accomplished by giving the patient a good dose of salts (Epsom) or a dose of castor oil is very good; in fact, we have found the oil in some cases to be better than the salts, as it contains greater healing properties. But we find some persons object to the oil, and in such cases we recommend the salts. The student should pay strict attention to this matter, as it will greatly help to affect a cure.

TREATMENTS UPON THE DIFFERENT PARTS OF THE BODY.—Matters not upon what part of the patient's body the student is to apply the Magnetic Treatment, he should always place his left hand upon the seat of pain, and allow it to remain there for at least thirty seconds. After that time he should begin to make the downward passes, as we have previously instructed. In order to affect the cure permanently, the treatments should be given once a day for at least nine days.

In some cases of long duration it will require the treatment to be given twice each day. Always tell the patient he is growing better. Always advise exercise, such as swinging the arms to and fro, or taking short walks, etc.

THE OPERATOR'S FEE.—The fee for Magnetic Treatments, when making the call, should be from two to five dollars for the first visit, and thereafter the fee should be from one to two dollars the treatment.

When the patient calls to your office for treatment the fee should range from fifty cents to one

dollar the visit. The above is only mentioned as a mere guide for the student; but we feel that the student is the better judge as to the fee that should be charged for Magnetic Treatment, but we will say, the better the operator, the more valuable his treatments. I beg to say that I have been paid as high as ten dollars to give a single Magnetic Treatment.

Never allow your treatments to be longer than one hour at a time. After giving a Magnetic Treatment be sure to wash your hands thoroughly after you have finished. Keep the hands well prepared for work—soft and clean.

LESSON XVII.

MOST FUNCTIONAL and nervous and many organic diseases may be cured permanently by Magnetic Healing, and every known disease may be more or less benefited.

HAVE CONFIDENCE IN YOUR WORK.—While you are treating the patient keep your mind on your business; proceed with a desire to cure your patient; make up your mind that you are actually going to cure him; that he must get well, and think of this **WHILE YOU ARE TREATING THE PATIENT**. We should like very much to have you follow this exact mode of treatment, and write us what you accomplish. These lessons should be carefully studied and practiced.

We advise the student to use the Hypnotic Power upon the patients whenever opportunities present themselves favorably.

Never tell a sick patient that you are going to hypnotize him, for the simple reason there are many persons who are not acquainted with the laws of Hypnotism; therefore, it is best to say nothing of the matter whatever. In order to put them under your hypnotic power without their knowledge simply tell them to close their eyes and relax their muscles; then stand directly behind them; place your hands upon their eyes, and give the suggestions of sleep. Also tell the patient to think of sleep. In case you get them to sleep, say to them, "Now, I am going to magnetize your arm," or leg, or whatever part of the body you intend to operate upon. Then say, "When you open your eyes you will find that all of your pains are gone, and you will feel entirely well."

Use the power of Personal Magnetism with all your patients; teach them to have confidence in your work.

LESSON XVIII.

RESULTS.—In these instructions we give the best known method for getting results, and if the student carefully follows out our system we know success will surely crown his efforts.

THE VALUE OF MAGNETISM.—Magnetic Treatment is more valuable to the sick than any known treatment in the world; it is the most powerful agency known to mankind in the world today. Nothing else compares with its scope and capacity for accomplishing good.

THOUSANDS OF PEOPLE who have filled untimely graves might have been living yet, had the forces of nature been understood and properly applied. We know from actual experience their great value; for by the exact same methods which we have placed in this course for our students, we have ourselves cured hundreds of people who have been given up by medical doctors to die. We trust, dear student, that you will follow our method, just as we have placed it here for you. Success will be yours. You cannot fail.



SPIRITUAL PLANETARY READING

SPIRITUAL PLANETARY READINGS.

SERIES F.

PART 6.

THIS WONDERFUL SYSTEM WILL ENABLE THE STUDENT TO READ THE TRUE CHARACTER AND TENDENCIES OF ANY MAN, WOMAN OR CHILD, ACCORDING TO THE PLANETARY INFLUENCE UNDER WHICH THEY WERE BORN, AND WE FIRMLY BELIEVE IT TO BE THE GREATEST AND BEST OF ITS KIND IN THE WORLD.

EACH PERSON IS BORN IN OR UNDER ONE OF THE TWELVE SIGNS OF THE ZODIAC, AND IS THUS INFLUENCED MORE OR LESS THROUGHOUT LIFE BY THE PLANETARY CONDITIONS AT THE TIME OF BIRTH.

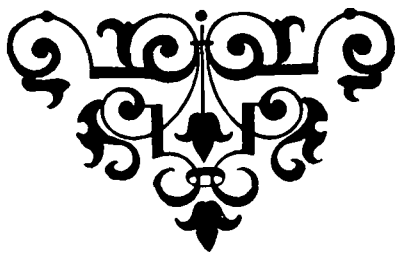
IN THIS COURSE WE HAVE CLEARLY WRITTEN THE NATURAL TENDENCIES OF EACH PERSON, AND IN A CERTAIN WAY INDICATE WHAT THEY SHOULD DO TO MAKE LIFE A SUCCESS. THIS EXACT METHOD OF PLANETARY READING HAS BEEN PRACTICED BY DR. T. H. WHITE AND CORNELIA WHITE FOR AT LEAST TWENTY YEARS, AND WE ARE PROUD TO SAY WE HAVE NEVER HAD A SINGLE PERSON TO LEAVE OUR OFFICE DISSATISFIED, AND WE NEVER EXPECT TO. WE HAVE READ THE LIVES AND CHARACTERS OF OVER HALF A MILLION OF PEOPLE.

IN GIVING A PLANETARY READING of this kind, it is first necessary for the student to ask the subject the date and month of their birth. Matters not what date or what month the subject is born in, all that is necessary is for the student to refer to this wonderful work, and in it you will find the exact reading to suit any and all persons born in either of the twelve signs of the zodiac. We positively know that if the student will study these twelve lessons carefully, and carry out our instructions accordingly, they will soon be on the road to absolute gain. Always try to master one lesson at a time; do not try to learn all in one day, as we desire to see you start out in the field thoroughly prepared to take up any line of our teachings and operate just as we have done and are now doing. We do not want to see you start out half way; we want to know that when we send you a Diploma you are the master of all secret powers pertaining to Occult Science.

NEVER ALLOW ANY ONE TO HANDLE YOUR COURSE, as there is a certain spirit who works with each student, and it has great tendencies to weaken the force when your course passes out of your hands to another. It is very important to have a partner to work and study with you, but it is necessary for each student to have their own set of courses. Our College is growing rapidly, and the indications are that it will be the largest college in the world, barring none. Therefore your diploma will be worth thousands of dollars to you in the future.

PRACTICE all you possibly can on and with all agreeable persons you chance to meet. Never fear or allow yourself to doubt any of these words. Always remember the prayer which is arranged in the first course, Series A.

Your diploma will be sent to you at any time you chose to write for it.



CAPRICORN.

LESSON 1.

ALL PERSONS BORN FROM DECEMBER 21 TO JANUARY 19, INCLUSIVE, WERE BORN UNDER THE SIGN OF CAPRICORN.

This is the last sign of the EARTH TRIPLICITY, and is the dark or mysterious sign of the EARTH. It will be well for you to study, read much and do a lot of thinking. Many professional men and women come out of this sign, especially orators, lecturers and teachers. Education and knowledge of all kinds will be very beneficial to you. Work hard at one thing at the time, and do not try to accomplish too many things in a given time.

ACT AS YOU THINK BEST, and do not permit anyone to run your affairs. By attending strictly to your own business, and not meddling or interfering with the affairs of others, you will become very successful. At times you are liable to become blue and depressed. Really there is no cause for any Capricorn person to ever feel dejected or disheartened, as everything in the universe is attached to this sign. By being kind, gentle, noble and generous you will become very magnetic and charming, and people will love you, especially those of the opposite sex. You also have wonderful psychic power, which can be brought to a very high degree of development by always being patient, and never allowing yourself to become angry, or feel envious or jealous of others.

BE CAREFUL OF YOUR MONEY, and do not try to help others too much. Always keep well informed of the progress of the world, and keep your mind open, broad and tolerant, respecting the opinions of others, even if you do not believe them. Always put your whole soul, heart and energy into everything you undertake, no matter if the undertaking is a small one. I know your nature is to do large and great things, and that is all right; but ever remember if you do the smallest thing in the world successfully it will put you in a position to do something better and greater.

ALL CAPRICORN PEOPLE ought to have a good business education; should ever strive to acquire and save money. I do not mean to be stingy, mean or selfish about money matters, because no one in this great and wonderful age will be much of a success who is not liberal and broadminded with respect to money matters. Both sexes of this sign are very mediumistic.

THE WOMEN OF THIS SIGN are very sensible, practical and lovable; they make excellent wives, managers of homes and housekeepers of large institutions. Music to you is very beneficial. Some excellent singers, musicians, actors and actresses come out of this sign. Enjoy yourself all you can in a rational and sensible way, such as attending social gatherings, entertainments, concerts, lectures and public meetings. Be moderate and temperate in all your doings, and your success and happiness are assured.

NEVER DOUBT your ability to amass money in any line of work you undertake. Ever remember while wealth is a great thing to have, there are other things equally as great for you to acquire, viz: perfect health, and a thorough cultivation of the mind and higher nature. Do not be proud, arrogant or dictatorial. Remember we are all of one family, and that we are all God's children. It is difficult to get Capricorn people to give much time to the cultivation of the spiritual side of their natures, yet, when once aroused in this respect they often become enthusiastic and earnest workers in religious causes. Dear friend, I find it necessary to tell you to avoid being skeptical, as you are a very powerful person, and you ought to try to have perfect faith in all I tell you. Again I will say, do not allow yourself to talk too much, but be a good listener. You can become a very use-

ful and perfect person by holding in your mind high and noble thoughts and keeping well balanced. When a Capricorn person can fully control their mind so they will not become angry, and can free their mind from worry and anxiety, there is no telling how wonderful they can become in their achievements.

BY OFTEN silently thinking and meditating on life and its meanings and the beautiful and higher things in life, you will draw to you the life forces of the Universe, and all the good planetary and solar forces of your sign, which will bring you to the greatest success and complete and perfect happiness. The study of Occult Science, philosophy and metaphysical works would be of untold advantage to you. Many of the greatest men and women in the world were born in your sign. This planet's attraction for you is very strong, and you must be very careful to control all your appetites, passions and desires with an iron will, which you possess and can use, if you see fit to do so.

THERE IS SCARCELY ANY LIMIT to your power, if you will only exercise your wonderful will intellectually. A happy marriage is essential to the success and happiness of Capricorn people of both sexes. In India the old astrologers say to you people, get married, and follow the divine command by raising a family of children. We are also very strict in our advice to Capricorn people, that they must love their fellowmen, and do unto all as you would them do by you. The Golden Rule has been practiced in India for thousands of years before the Christian Era.

YOUR SIGN IS GOVERNED BY SATURN, and you are continually surrounded by planetary forces and solar fluids which can help you. Now, my dear friend, be guided by what I say here, as I wish to see you make a success in this life. Most of the planets are strongly placed in your map, at the time of your birth, and the indications are that you should have an ambitious disposition, and will meet with good success in life. Your astrological colors are brown and russet; the colors are in accord or harmony with the combined vibrations of the planets at the time of your birth. Your lucky or birthstone is the turquoise. The positions which the planets held at the time of your birth show that you will have excellent success in social affairs, and much activity in making numerous friends. Some of these will prove of some assistance to you, but you have impulsive tendencies, which cause them to dislike you occasionally. You are not as economical as you should be in regards to money matters. In commencing a journey, or any new thing of the kind, use your fortunate days and months, if possible, Tuesday and Saturday, May and September. The diseases which you are most liable to suffer from are Rheumatism, Kidney and Stomach.



AQUARIUS.

LESSON II.

ALL PERSONS BORN FROM JANUARY 20 to FEBRUARY 18, INCLUSIVE, WERE BORN UNDER THE SIGN OF AQUARIUS.

This is the last sign of the AIR TRIPLICITY, and people born under it will do well to give the strictest heed to what I tell you. Your strength and power lies wholly within your own hands, and it is very important that you so think and live as to bring out your great possibilities. You must not rely on your friends for help, but must be thoroughly self-reliant, self-supporting and independent. But you should rely on and pay great attention to the teachings and writings of good and great men and women, who are striving to help mankind.

YOU HAVE DAYS OF GREAT HAPPINESS and days of great misery, and you must learn how to avoid these blue spells and have all your days bright and happy. This can be done by your understanding once and for all times that you are possessed of unusual powers and abilities, but if you are lazy and blue you cannot use these powers. Wake up, then, and by your will, throw off all doubt of ability to make a grand and wonderful success, and your rare and natural talent will be amply rewarded.

YOU HAVE WONDERFUL MAGNETIC AND PSYCHIC POWERS, which you can develop to a high degree by keeping quiet and calm, and free from all worry. As a matter of fact your planetary and solar forces will carry you through any and all sickness and trouble, if you will only remain quiet, and give them a chance to work. But the very moment you begin to doubt, fret or worry about any good thing coming to you, these forces cannot work. Work, and lots of it, is what you require, and you will not amount to a great deal until you keep fully occupied in some line of work which you have a taste or inclination for.

You must not be proud or vain, or think too much of yourself. If you do you will not be as charming as you would by being quiet and calm.

PERSONS BORN IN YOUR SIGN have no reason to be idle, sit about deploring their misfortunes or inability to succeed, for I tell you positively you can and will succeed far beyond your fondest expectations, if you will go about as directed here. Think over this carefully when you are calm and quiet; it will direct you to all your desires.

People of your sign who worry and become discouraged surround themselves with repelling forces of the universe, which will cause their friends and acquaintances to dislike them; indeed, they drive people from them who otherwise could be of great assistance to them, when in moody and blue spells.

DON'T LIVE IN THE SENSES TOO MUCH. Remember you have duties to perform. God intended each one of His children to do a certain work. Your work is a great work, and it consists in you being placed before the public; reap the reward and be cheerful and happy. You are powerfully mediumistic.

DON'T BE AFRAID, timid or half-hearted in your undertakings, whether it is in amassing money, making love or acquiring knowledge. Whatever you attempt to do or desire to become will be accomplished, providing you have full faith in your ability to succeed. You ought to read a great many papers and books. Reading the lives of successful men and women will be a wonderful

help to you. Do not think or care about what people say of your actions. Be good and honest, and do the very best you can without fear of criticism or without caring what your friends will think about it. Forge ahead with strong will and grim determination to succeed, and your success will be assured. Do not talk at all with your friends about the great things you intend doing; keep a close mouth; go along quietly carrying out your plans, and doing your work, and you will succeed.

ALL THIS ADVICE will apply to social achievements, business success or love affairs. Your success is assured, so therefore you can go on. All will be well.

ALWAYS BE CAREFUL to think alone over a project and undertaking, or selection of a calling, and after a cool and careful thought, if you arrive at a conclusion just what you want to do, go about it without consulting anyone, fully making up your mind that you are going to succeed, and you will. Economy and strict application to business is, as you know, the foundation to all wealth. Pay for what you get, and keep out of debt. Debt makes an arrant coward out of one born under your sign. Attention to religion and philosophy will be beneficial to you. When awakened to spiritual or divine truths the Aquarius people are marvelous beings. We say to you, dear friend of the Aquarius sign, have faith and hope, be cheerful and happy. Then the good forces, which are the unseen powers, will all help you. Remember your help will and must come from your own self, so press on, and you will gain all you desire.

STRIVE TO GO UPWARD AND ONWARD. Be progressive; do not tag at the end of the procession; be at the head. Cast out of your mind all fear, doubt, lack of hope and thought of failure, and your life will be bright and happy.

MOST OF THE PLANETS were well placed in your map at the time of your birth, and show indications that you have an emotional disposition, and will meet with good success in life. Your astrological colors are pink and violet. Your lucky stone is a garnet. You will have great success in money matters. You have hypnotic and mediumistic power.

YOU WILL GAIN MANY FRIENDS IN LIFE. You will cause many people to do your bidding. You will travel much; you will take many journeys by rail.

YOUR FORTUNATE DAYS are Friday and Monday. Your most favorable months are July and November. Take care of your health, and avoid colds, as you are liable to lung diseases and throat trouble.

Now, my dear friend, I have pointed out to you the way according to the planet forces under which you were born, and I trust you will be greatly benefited by what I have told you, and ever remember my words when you are in sadness. I will assure you that you will always gain your desires in life. I will now read for you according to the power of Clairvoyance, and will tell you of the past, present and future, which I feel will also benefit you.

WE REQUEST THE STUDENT to read these lessons to their subjects, just as I have arranged them. When you find the lesson refers to the Clairvoyant power, then take up your first course, Series A, and continue your reading according to the way we have instructed you in your Clairvoyant lessons in first book, Series A, first course of lessons.

PISCES

LESSON III.

ALL PERSONS BORN FROM FEBRUARY 19 to MARCH 20, INCLUSIVE, WERE BORN UNDER THE SIGN OF PISCES.

Dear friend, you were born in the last sign of the WATER TRIPLICITY. You have a deep, hidden love nature; you are naturally noble, generous and helpful. In India the astrologers give much attention to Pisces people, and I intend to give you words of advice, which, if heeded and followed, will lead you into the very highest realms of happiness. First, you must understand that your realm is the kingdom of the soul; you must ever strive to live a clean, pure life, be kind and loving to all beings, especially animals. You can help others, and by doing so will help yourself.

YOUR SIGN PISCES shows that you are charming and magnetic, and the only way to develop these wonderful psychic powers in the highest degree is for you to think well of everyone, to wish everyone success and happiness, and never have any feeling of anger, jealousy or envy, as you are under a loving planet, and you must ever strive to be kind and gentle. Then you will cause everyone to dearly love you. You must always aspire to be great and good, and distinctly understand that if you are good, honest, just and true you will do a great amount of good in the world, and reap the richest reward. If you will only act upon your own impressions you can gain your greatest desire, as you are very mediumistic. Great health, prosperity and happiness are yours, if you will only be true to yourself. Many fine musicians, artists, art critics, poets, writers and lecturers come out of your sign.

YOU HAVE GOOD JUDGMENT and discriminating power, which place you in high positions of trust and responsibility, and you are capable of being a private secretary, stenographer, bookkeeper, or filling any other responsible position. Spend a great deal of your time in reading poetry, history, biography and other elevating literature. Listening to much music will be very beneficial to your health. I will also advise you to give much of your time to outdoor exercises. Associate all you can with quiet, calm and thoughtful people. Never talk about yourself; no one loves an egotist. At times you feel that all the world is against you. This is not true, for all the world loves people born under your sign. You are really a powerful person, and you can increase your force and power by being patient, calm and cheerful. God has endowed you with great natural gifts. You must realize this fact, and then you will be very successful. Fretting, worrying, anxiety and impatience are your faults at times. If you want health, wealth and happiness, it is necessary for you to stop this sort of thing at once. Morbid and gloomy feelings will only keep you down, and cause untold suffering and agony of mind. People of your sign reach their highest achievements and happiness when they learn to place their trust in God and the good spirits, as they are always ready to help you, if you will only allow them to work with you.

DO NOT BE OBSTINATE, stubborn or unreasonable, as this attitude of mind will make you suffer from painful nervousness, melancholy and despondency. You must be careful not to allow your mind to dwell on one thing too much; you ought to have diversified employment. You must attend to your own business, and never meddle with the business of others.

YOU SHOULD MARRY YOUNG, and have children. A pleasant home will aid in your happiness. You can make plenty of money if you will remain quiet and calm. But if you worry and hurry you will only invite poverty. You must be calm in order to have the spirits, planetary and solar forces to help you.

I have surely pointed out the way for your success, and I sincerely hope you will be guided by my words. May the blessings of God and the good spirits of PISCES be ever with you. Most of the planets were strongly placed in your map, and the indications are that you have an ambitious disposition, and will meet with fair success in life.

YOUR ASTROLOGICAL COLORS are pink, white and green. These colors are in accord of harmony with the combined vibration of the planet at the time of your birth. The diseases you are likely to suffer from are of blood and nerves.

YOUR BIRTHSTONE is an amethyst, but in order to have all the powers of the Occult forces to work for you, I would advise for you the full courses of teaching from Dr. White's College of Science.

The position of the planets at the time of your birth show that you have excellent clerical abilities, and will rapidly advance to a good position in life; you must, however, use some care in order to retain this. You will become very well off, and will be inclined to speculate at times, and do well; but you should always try to cling to one branch of business as much as you can. You are endowed with excellent vitality, and can develop magnetic force, which will help you in healing or relieving the distress of others.

IN COMMENCING JOURNEYS or new undertakings you should use your fortunate days, Tuesday and Thursday. Your lucky months are September and July.

Now, my dear friend, having thus described your life and explained your indications according to your planet, I will now endeavor to read your life Clairvoyantly, telling you of your past, present and future, and I feel that you will also be pleased with the same.

(Student now refers to first course, Series A).



ARIES.

LESSON IV.

ALL PERSONS BORN FROM MARCH 21 to APRIL 19, INCLUSIVE, WERE BORN UNDER THE SIGN OF ARIES.

This is the head sign of the FIRE TRIPLICITY, and is a most favorable sign to be born under. Your success in everything depends upon tremendous push, energy and systematic effort. You must be stubbornly persistent in carrying your projects to a successful end.

MEN AND WOMEN OF THE ARIES SIGN, when they do not fear opposition, and are sincerely honest and earnest, become leaders. The planetary and solar forces which surround you can be of greater help when you are kind, noble, gentle, generous, agreeable and affable. At such times you are very fascinating, charming and exceedingly magnetic. Any man or woman who has physical magnetism is a grand success in everything. Education, culture, knowledge and wisdom are of great importance to you, and you can acquire the same without much difficulty, if you will set your mind with grim determination that you must have knowledge, power and forces, which are yours by birth, will help you. I positively know that the good spirits will help all Aries people who have faith in themselves and are hopeful, cheerful and courageous. There are no powers in the universe that can help in the slightest degree anyone who whines, murmurs, complains and broods over troubles or obstacles. There is a way out of every trouble, and the calm, quiet, patient being soon discovers that way, and is helped by unseen powers. When the higher or spiritual side of Aries nature is cultivated it makes a wonderful character, with extraordinary physical powers for banishing all ills, sorrows and troubles. You can acquire Clairvoyant powers when you can learn to diligently apply yourself to trying to improve your mind and body by thought and study. It is very important that you think highly and simply. Only do one thing at a time, and learn to concentrate and apply your mind to that one thing alone, and not scatter and throw away your force on a number of undertakings.

Steady application is absolutely necessary in amassing wealth and having perfect health and happiness. It will be of an advantage to you to study Occult Science and metaphysics. Many such works are published, and if you have a strong desire to know about these subjects you will find a way of laying your hands on the right work at the right time.

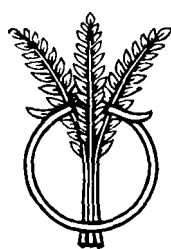
ALWAYS REMEMBER you can make a grand success of anything you undertake, if you so believe at the commencement of the undertaking and persistently hold to the thought until the end. I will now give you a few words of caution about envy and jealousy. Often Aries people have envious and jealous thoughts, which retard their progress and dwarf their nature. To concentrate this bad and injurious state of mind learn to give forethought of love and kindness to all of your fellow beings, and especially learn to love your enemies who are more successful than you are. In love affairs you will be a dire failure if you are a bit jealous. No one can readily love or admire anyone tainted the least bit with jealousy.

LOVE IS WITH YOU and rules your heart at all times, and you are blessed. Selfishness, anger, intense greed and impatience can also block your way to success. You must always strive to be large and broad-minded, liberal, tolerant and not bigoted. These are the men and women of the world who succeed—the broad-minded people. Now I tell you emphatically that any Aries person who will be guided by my advice, as given here, can, without question of doubt, become perfectly healthy, vigorous and powerful, lovable and charming, and wealthy and happy. Associate all you can with

good, wise, educated and successful people, and in conversation do little talking yourself, but a great deal of observation and thinking. This is a rule observed by all who desire to become wise and great. Life, and its proper conduct, is the greatest problem man has to solve, and we must silently and alone give much thought to it. When you have a very important matter to decide, take plenty of time in arriving at a decision, you should always be in a quiet and calm state of mind in settling important matters. A happy marriage is a good thing for Aries people of both sexes; in the selection of a life partner, don't be in a hurry. You must ever strive to make your home happy. If there is no peace or happiness in your home it will be your fault. Most of the planets were well placed at the time of your birth, and the indications are that you have an impulsive disposition, and will meet with fair success in life.

YOUR ASTROLOGICAL COLORS are red and brown. Your lucky stone is a bloodstone. The position which the planets held at the time of your birth show that you will have considerable activity in social affairs, but you do not form and hold friendship as you should. You should be very careful to control your own impulsiveness, and must devote some study to this point. There are much magnetic qualities shown, which can make you attractive, and bring you much success, if you will pay attention to these. Many journeys are indicated in your future life. In commencing a journey, or beginning a new undertaking of any kind, you should use your fortunate days, Tuesday and Thursday, and your favorable months, August and December. I will now read your life from a Clairvoyant standpoint.

Now the student is requested to refer to the first course of lessons, Series A.



TAURUS.

LESSON V.

ALL PERSONS BORN FROM APRIL 20 to MAY 19, INCLUSIVE, WERE BORN UNDER THE SIGN TAURUS.

This is the head sign of the EARTH TRIPLICITY, and the Taurus people, naturally living in the realms of their sensations and emotions, must give heed to doing certain things, or else they will suffer much. In the first place, you must control your appetites and passions. I know you are generous, and like to entertain your friends with the very best of everything, but don't do too much of it, as you will often place them in an embarrassing position, as they are not always able to return your kind and generous favors.

TAURUS people can amass great fortunes, if they are true to their higher nature, which is to be large-minded, broad and liberal in all they do. It is easier for you to make money than it is to save it. I would advise you to get into the habit of saving a little money regularly for a rainy day, although the true developed Taurus people will see few, if any, rainy days. You are naturally strong intellectually, and ought to cultivate your mind by wide and extensive reading. Many great writers, public speakers, preachers and lecturers come out of your sign. It does not make much difference what profession or line of work you choose, you will be very successful in it, provided you will put all your mind, heart and soul in it. In other words, your success depends upon being earnestly enthusiastic over anything you have under way. You are a natural born leader, and must not allow others to dictate to you what to do.

DON'T BE PROUD, vain or arrogant, or even dictatorial, but go along quietly, carrying out whatever plans you may have in mind, and which seems right to you, without permitting anyone to influence your course of procedure. Your inner self—the true man—will decide better what to do than anyone else can. In love matters, social attainments and leadership you will excel, providing you will be guided by what I tell you here.

PRACTICE SILENCE and patience, and don't think or talk about yourself. Realize quietly that you are great, but avoid egotism, and then you will be very charming, fascinating, magnetic and hypnotic, drawing to yourself all the good things of the universe. At all times you must have self-control, and understand if you cannot control yourself you cannot help or control others. Mildness, gentleness and consideration for others whom you feel are inferior to yourself will make you a wonderful person. You are not overbearing or dictatorial, but kind, gentle, loving and true. You, as a rule, eat and drink too much, or you do not select proper care in what you eat. You are often overtaxed by blue, morbid and melancholy spells.

ALWAYS LOOK upon the bright side of all so-called trouble; never cross a bridge till you get to it. Always have implicit faith and confidence in all you do; always think you will succeed; you have wonderful power, and it can be fully developed, if you will only accept the force, and give your spirit friends chance to help you; they are with you at all times, and will ever guide you across the stream of sadness and trouble.

ALWAYS LOOK UPON THE OPPOSITE SEX with pure mind and thought, for great trouble will often come to Taurus people who are not pure in mind with respect to the opposite sex.

YOUR GREAT FORCE AND POWER is in making your higher nature rule and dominate your lower force.

NEVER ALLOW YOURSELF to become angry; anger is very weakening, and always destroys charm character.

NO ONE CAN FULLY AND TRULY LOVE persons who allow themselves to have angry spells. One of the greatest faults of the Taurus people is that they will at all times allow anger to overpower them. You can trace many of your bad feelings physically to anger. Never be too exacting, arbitrary or domineering, and understand others have rights which must be respected. No matter how careful you may be to avoid it, you will have your own way, especially when your way is the right way.

TAURUS PEOPLE should always be kind and loving to their companions. Taurus women are the grandest beings in the world. She is not the weaker vessel, but is by all odds the finest organization in the universe. In India women stand at the first and head of creation.

ALL TAURUS PEOPLE will find much happiness in marriage, especially if the marriage is blessed with children. Both men and women in this sign have reached their highest success after marriage. In love affairs you can be very successful, if you will exercise mildness, gentleness and patience. Some of the greatest philosophers and prophets in the world were born in this sign. .

BY BEING CALM, unaffected, truthful and honest, and striving to do the right thing, you will be a very charming and fascinating person, and all persons will dearly love and worship you. Look after your faults and correct them, and you will live a long and prosperous life.

MOST OF THE PLANETS are good for you, or work for you. The planets show that you will have excellent success in buying and selling almost any article you care to deal in. There are many indications as to travel in your future life. There are prospects of your inheritance or gain, through the administration of the property of others. You will become well off long before the close of your life. Take care of your health at all times.

IN COMMENCING a new undertaking, or a journey of any kind, use your fortunate days, Sunday and Wednesday, and your most favorable months are October and February.

Dear reader, I have now pointed out the way for you, and I trust you will be benefited by the advice given to you. I will now read your life according to my power of Clairvoyance. I feel you will also be pleased with the same.

(Now the medium will read according to the instructions given in First Course of Spiritualism, Series A.



GEMINI.

LESSON VI.

ALL PERSONS BORN FROM MAY 20 to JUNE 20, INCLUSIVE, WERE BORN UNDER THE SIGN OF GEMINI.

This is the sign of the AIR TRIPLICITY. Gemini people have a vivacious, restless and anxious nature. This is the sign of the twins, and all born in it have two distinct and pronounced natures—one very low and one very high.

YOU ARE APT to be an extremist in everything you do; you usually experience alternately the very, highest success and great failure. You are at times very strong and healthy, and then again you are quite weakly and sick. There is only one thing for a Gemini person to do, and that is to first realize your dual nature, and then go to work with grim determination to kill the lower and base nature. It can be done, and when you accomplish this you will rise to the very highest point of success and happiness.

YOU WILL FIND that your mind in most every way is guided in two direct ways; one says do this, and the other says do that. You hardly know at times what course to pursue; you want to travel and you want to stay at home; you want to work like a demon, and then you want to be indolent.

ALWAYS RESTLESS, always anxious and apprehensive, and yet at times you are very calm. This restless, nervous temperament is due to fear and doubt, and must be supplanted by courage, and hope and faith. As a matter of fact, there is no person who can do more and achieve greater success than you can, if you will understand how favorably you were born, and your great and wonderful forces of the unseen world, which are always ready to help you, if you will only give these powers half the chance to work. You must learn to be moderate and patient, and keep in calm, quiet, receptive condition, when great and good things will flow to you in abundance. In other words, place all your trust and confidence in the great and wise God, who made and rules all in this universe.

NO DOUBT YOU WILL doubt this truth, but stop a moment and be reasonable; use your fine and great mind. Look about you; observe everything, and calmly ask yourself could this world, and all that is in it, the universe, with its countless solar system and countless worlds, these human beings, of which I am one, happen by chance?

BY COOL AND CALM OBSERVATION and reflection you will answer the question by admitting there must be an intelligent force back of it all. Now this Blessed One, of which everything in the universe, especially you, are a part, can help you. God is all in all, and is all love, and does not create to destroy. My dear friend you have absolutely nothing to fear or doubt. All that is necessary for you to do to accomplish all of your desires is to have full and unbounded faith in yourself, and then you will be successful.

YOU CAN AMASS GREAT WEALTH, have perfect health and permanent happiness the very moment you begin to live in your higher nature. Worry, discontent, complaining and murmuring will keep you in darkness and misery. Improve your mind, study and read much, observe more, and understand that knowledge and wisdom brings to man all power and all force, all success and happiness.

YOU MUST GET FULL CONTROL of your desires, appetites and passions, and not be too anxious, too ambitious, or too impatient. Learn to not worry, hurry or scurry through life. Do one thing at a time, and learn to do that one thing well. Whenever you start any undertaking don't dare

to stop until you bring it to an end. Associate with refined and educated people as much as you can, and do not place too small a value on your abilities.

GIVE TO ALL BEINGS, especially to animals, great love, and ever try to be kind and gentle to everyone. Get a good, loving partner, which will greatly assist you through the trials of this life. Marriage is very beneficial to Gemini people. If you are married do all in your power to make your home a bright and happy one. Be temperate in all things, especially in drinking, and try to avoid all drinks that will excite or cause you to be restless.

GEMINI PEOPLE ought to dress well, and never engage in hard, laborious work, and also eat sparingly of flesh or animal foods. Listen to music, attend lectures, churches and public meetings. Read much about successful men and women. The study of Occult Science is indeed very beneficial to you. Don't be too sensitive or timid. Remember you are a wonderful being, and can accomplish much; there is no such thing as failure for you.

ABOVE ALL THINGS be truthful, and avoid making extravagant statements or narrating exploits in which you were the central figure. In plain English, do not be an egotist. You are naturally very magnetic, and have wonderful hypnotic and Clairvoyant powers. Some of the highest workers in the world came out of your sign.

YOU ARE VERY CHARMING and fascinating, and as a rule you can cause all persons to dearly love you. You are allotted to live a very long, prosperous life, if you will only protect your health and according to the way I have instructed you. Your astrological colors are blue, pink and old rose. Your lucky days are Tuesday, Thursday and Saturday. Your most favorable months are July, December and also March. I would advise you to try to develop your great power by joining a school of Occult Science, which will make you a most powerful person.

Now, my dear friend, I have pointed out the way for you, and I trust you are pleased with what I have told you. I will now read your life according to the power of Clairvoyance, and tell you all the spirits say for your good.

Now the medium must pay strict attention to all visions, and speak upon them as instructed in the lessons on Spiritualism and Clairvoyance, Series A.



CANCER.

LESSON VII.

ALL PERSONS BORN FROM JUNE 21 to JULY 21, INCLUSIVE, WERE BORN UNDER THE SIGN OF CANCER.

CANCER is the head sign of the WATER TRIPLETITY, and I feel that I can tell you much that will enable you to go through this life successfully. In the first place, you are naturally nervous and restless, and have a hard time making your friends understand your true nature. I feel that it is important that you should know all your faults and realize that you must try to overcome them before you can reach the high degree of success which you can attain, and which belong to your sign. Really you can become very successful and reach greatness by paying strict attention to what I tell you here.

YOUR PROPENSITY is to travel, and it would be excellent if you could engage in an occupation that would require you to be on the go all the time; but do not travel about chasing rainbows. Have a steadfast and earnest purpose in everything that you do, and try to acquire much knowledge of the world by reading good books of travel, history and biographical sketches. Learn at once that it is a very bad thing for you to talk about yourself or the great things you have done or intend doing. You must be silent and act, ever remembering that performance and true work speaks louder than boastful talk.

DO NOT GET DISCOURAGED, or make yourself miserable because you cannot do all the great things you see others doing. If you will keep calm and be patient you can attract unseen and planetary forces, which, in time, will enable you to surpass in accomplishment many of your acquaintances who seem to be ahead of you. Your best plans are to be secretive, and work quietly and without letting any one know your plans, as you will find any number of people in this life that will endeavor to work against you. You should ever strive to be your own master, as you will never profit by working for others.

You are to be at the head of all things, and you can accomplish this by careful thought and by an active mind. You should read the lives of successful men and women, as it will help you to gain new thoughts and ideas. You are very quick to learn, and you possess great magnetism and mediumistic power.

STICK TO ONE KIND OF OCCUPATION and do not waste your energy and power by changing from one thing to another. While you are adapted to do many things well, if you will follow my advice I am sure it will be of great value to you, and you will never regret it. All of your power and success depends solely upon yourself. Your planet calls for you to be a good person. You can be a great worker in the House of God, and the good spirits will be at all times ready to serve you. Have faith in yourself, for you can succeed and progress, and go onward forever, if you will only try. You must realize that you are a great being, and that you possess wonderful power.

CANCER PEOPLE have always furnished the world with great and grand people. Make up your mind that you are going to succeed, and you positively will. Remember it is in you to be good and great, and you will be if you follow the advice given in this reading.

YOU WILL LIVE to be quite old. All people of this sign should marry young, and have children; also make happy homes. You must be just a little careful with whom you place your trust. In love affairs Cancer people are, as a rule, very successful when they are sincere and persistent.

Selfishness, vanity, jealousy and temper are often found to dominate in Cancer people; but it must be overcome before any real, true happiness can be had. You ought to dress well, but never run yourself into debt. Every dollar you spend ought to be a dollar you have earned.

DO NOT LET PEOPLE make you vain, silly and foolish by flattering you; flattery can do you great harm if you listen to it. Do not be fickle or inconstant; be positive in all you do. We find that some women of the Cancer sign are indeed very fickle. Cancer people are governed by the moon, and as this satellite of your planet is changing every month, it accounts for the restless and impatient nature of the people born in your sign. You can easily remedy all of your bad tendencies, and become very strong and great by holding in your mind to be good. The planetary forces and solar fluids will then help you to destroy the influences of the moon. You will gain great wealth during your life. We find that Cancer people are, as a rule, very pretty and charming, and also very free to talk. You can gain many friends if you will try.

CANCER PEOPLE can get much help and strength from the higher and unseen powers, if they will feel and understand that behind all creation is one blessed principle—the ancient one—the King of All Kings—the very God of the Universe. Until you can realize this great truth you will have to struggle and suffer more or less. The study of philosophy and Occult Science will open your eyes to wonderful truths, and give you power and force that will make you successful, charming and fascinating.

Your lucky days are Monday and Friday; your lucky months are June and September.

My dear friend, I have pointed out the way for you according to your planet. I will now endeavor to read your past, present and future life by the power of Clairvoyance, and I trust you will also be pleased with the same.



LEO.

LESSON VIII.

ALL PERSONS BORN FROM JULY 22 to AUGUST 21, WERE BORN UNDER THE SIGN OF LEO.

My dear friend, Leo, the Lion, is the middle sign of the FIRE TRIPLICITY. You are naturally of a jovial, sympathetic, free and friendly disposition. To that end you are magnetic and psychic. Magnetic power will give you force to accomplish much good, and will draw to you much health, wealth and happiness. You must bend every energy to be soulful, magnetic and charming, because these qualities are yours by birth.

BY PAYING the strictest attention to what I tell you in this reading you can swing through this world as a lovable and powerful being, and can avoid all trouble and friction. Put forth your love freely to all mankind, and have only high aims, ever striving to be pure and high-thinking. There is nothing that can harm you or retard your progress and growth if you will only hold steadfastly to high principles.

LEARN THAT SILENCE IS A GREAT POWER; that cheerfulness, contentment and patience will bring you much prosperity, much health and much happiness. Never shirk a duty, but work with a high motive, and you will become invincible, and can overcome with your mind and will every obstacle in your pathway.

EDUCATION, culture and refinement can do great things for you. Always remember you were born under very fortunate planetary conditions; that many of the greatest people in the world are Leo people. You have the strength and courage of a lion. If you are not successful and happy it is due to your own neglect of cultivating and bringing out your wonderful powers. These powers and forces, which make for you success, are always latent in every Leo person, and can only be developed by intelligent exercise of the mind and will, and this reminds me that your will power is naturally very strong; but you can add greatly to its strength by continually and persistently holding in your mind high and strong thoughts. Any line of thinking which causes you to be morbid and blue is weakening to your will power, and all worry or apprehension about your success will drive good things from you.

IN BUSINESS, love and money matters you must feel that you must be successful, that there is no possible chance for you to fail, and when you can get into that state of mind your success is as certain as two and two are four. Those of the Leo sign who reach the highest attainments are always of a philosophical turn of mind; they fully realize that it is of the utmost importance for them to take the ups and downs of life without a single murmur or complaint.

LEARN TO TAKE the bitter with the sweet, rain with the sunshine, sorrow with joy, and never whine or grumble at seeming fate or ill luck. In other words, be grateful for the many good things in the world. By doing this you strengthen your will power, and will easily batter down all obstacles in your way to success and happiness. In love affairs, by being mild, gentle and kind to all, you will in return not only secure that person's love, but will also command their highest respect and admiration.

ALL LEO PEOPLE should seek an early marriage. Your chief object should be to make your home bright, cheerful and happy, by flooding it with all the love you can command. In every move you make be absolutely fearless and courageous, always keeping in mind that the highest rewards are

only earned by indomitable will, great courage and an entire absence of fear. The cultivated and educated persons of Leo possess clairvoyant and intuitive powers, which enables them to foretell and prophesy things that will happen in the future.

MANY GREAT PROPHETS, seers, sages, wise men and women come out of the sign Leo. Listening to music, reading good books, and observing and studying successful men and women, will be of untold advantage to you. You can learn most anything you chance to apply your mind to, and ought to be very handy in mechanical matters. Your possibilities are so great when you correct and remedy your faults that I have taken special pains in this delineation to caution you against faults, which will retard your progress and make you unhappy. In no way never allow yourself to give way to an inclination to be tricky. Always stick to strict truth, and do not borrow money, books or anything. Be independent and self-reliant, and you will become a giant of strength and power.

IF YOU YIELD to indolence, impatience, anger, worry and anxiety you will bring on yourself misery and suffering. Always control your passions through life. Always have pure ideals, and try to live a pure and high life. Let your higher nature have full sway. Whenever you are troubled I would advise you to go off to yourself, in a calm, quiet spot, and all alone try to calm yourself by thinking of the bright side of life.

THE GREAT SUN of the solar system governs your sign, and you can attract all the higher powers by living a higher life. I have suggested here just what you ought to do to have perfect health, amass wealth and have happiness, and if you heed my teachings you cannot fail.

You have somewhat of an impulsive disposition. You will positively meet with good success in life. Your colors are green, purple and garnet; your birthstone is a ruby.

THE POSITIONS which the planets held at the time of your birth show that you are of an active and generous nature, and your best line of work is something of a clerical character, and you will live to be quite old; but you must at all times be careful to avoid accidents by water. You are, as a rule, very positive in all that you do. You are a person that can gain many friends, and exercise great power over all that you meet, especially the opposite sex. You are very fond of pleasure, but seemingly you have been held down in life to a great degree. You will find your last days to be spent in much happiness. You will be sure to marry twice; you will also have several dutiful children, who will grow to be an honor to you. If you like a person you will do the last thing on earth to please them.

AS A RULE, people of your sign give way to little whims, but taking the whole you are of a pleasing and charming nature, and will succeed far beyond your expectation. You should also endeavor to secure an occupation which will require you to devote much of your time to writing. You do not hold money well, and need practice economy to a considerable extent. Your fortunate days are Sunday and Thursday; your most favorable months are December and April. You will take some very long journeys by rail. Your best time for these do not come until later years.

My dear friend, I have now pointed out the way for you, and I trust that you will be guided by what I have told you. I will now endeavor to tell you your life according to the power of Clairvoyance, and I feel it will interest you also. There are many beautiful spirits around you at all times, working hard to guide you through the avenues of this life. You possess great power, and should take the full courses of teachings in Occult Science.

WORDS OF IMPORTANCE TO OUR STUDENTS.—Remember these lessons are written plainly, and are intended for the Student to use when reading the life of any PERSON CALLING TO CONSULT YOU. Always endeavor to read for your patients just as we have placed these lessons before you.

VIRGO.

LESSON IX.

ALL PERSONS BORN FROM AUGUST 21 to SEPTEMBER 22, INCLUSIVE, WERE BORN UNDER THE SIGN OF VIRGO.

VIRGO IS THE SIGN OF THE VIRGIN, and is the middle sign of the EARTH TRIPLICITY, and the people of this sign are, as a rule, very calm, cool and confident—great and grand qualities—which can bring to you the highest success and happiness. In India, the astrologers tell all people of this sign their faults and bad tendencies, so that they may correct them, and thus reach the high position in life which is theirs by birth under this excellent sign. You can and must excell in everything you undertake; when you think of failure it is very foolish and weakening to you. Always have great hope and courage, and you will draw and attract to yourself wonderful power and force. Always fight with a strong will and grim determination every obstacle that crosses your path, whether it be sickness, adversity or poverty. You can win out every time. You are fully adapted to a business and professional career, and will be a marked success in whatever calling you select, provided you will kill and root out of your mind all low, vulgar and selfish tendencies, not that I for one moment dare say that such is the case, or that your tendencies are low, but I advise the same simply because it shows clearly in your planet.

YOUR SIGN REPRESENTS the hidden fire of the earth, which means that you are an all-powerful, forceful being. Learn at once that any method in your habits are absolutely essential to your happiness, success and well-being. Think and observe much, and order your life so that you will do everything in an orderly, methodical and systematic way. Strike strenuously to fully develop all the good that is in you; give great attention to your higher nature. Improve yourself all you possibly can morally, spiritually and intellectually. You will enjoy a beautiful and happy life by aspiring for good—the highest. The study of philosophy, Occult Science and metaphysics will open your mind to health, wealth and happiness, which you little dream of. Always be generous, kind and loyal. Many excellent scholars and musicians are found in this sign, and we always urge Virgo persons to study much, read much, and give a great deal of time to hearing music. Music is very inspiring and helpful to you, and if you have any inclination to play or sing, don't hesitate in cultivating your taste in this particular direction.

THE PRONOUNCED FAULTS of the Virgo people are: A too-strong desire to rule and dominate over people, seeing the faults of others, and not seeing your own weak points will many times do you great harm; false pride and false ambition, meddling with other people's business affairs, and not attending strictly to your own business; taking drugs and medicines for imaginary diseases and ailments, conceit, vanity and egotism; falsehood, misrepresentation, exaggeration, and making extravagant statements about matters and things especially with regard to their achievements; running in debt for the sake of keeping up appearance.

All these bad qualities are likely to appear in the lower, uneducated and uncultivated persons of this sign, and if you have any or all of these tendencies I advise you to root them out of your being once and for all time, as they will be as a millstone around your neck, which will also keep you from rising to superior position. I do not know of a higher or grander character than the highly-developed Virgo person, or any meaner or lower being when this sign lives on the low plane—in ignorance and darkness.

SO YOU WILL SEE from the way I have spoken that it is of the utmost importance for you to cultivate your higher nature, which is always true and grand. With respect to health, the Virgo people are naturally healthy persons, and do not need drugs or medicines. Outdoor exercise, lots of air and sunshine will keep you well, strong and vigorous.

NOW, AS I HAVE drifted very plain upon these bad and good sayings, I do not want you for one moment to think that this is meant directly for you; I only speak of it to inform you of the fact that there are bad faults as well as there are good ones; but I feel that you will ever endeavor to bring out the higher and God-like forces.

IN LOVE YOU WILL BE SUCCESSFUL, but you must not be too critical or exacting. In selecting a partner you should select one who is very cheerful, and does not look on the dark side of life. If you are married you can make your home a happy one by not expecting too much, or by not being cross, blustering or cruel. Always try to be loving and kind. You should never allow criticism to get the better of you; never try to see the faults of others, but always to lead and set a good example.

SPEND MUCH OF YOUR TIME with nature—in the green fields and woods. Love animals, and surround yourself with flowers and domestic pets. If you will try to always avoid taking medicine it will be to your advantage, and you can live many years and retain a youthful appearance.

You have everything to live for, and can have prosperity and happiness by doing as I suggest.

YOUR LUCKY DAYS are Monday, Saturday and Friday. Your most fortunate months are April, August and December. The astrological colors are red, white and pink.

Now I have pointed out the good and the bad, and I trust you will be guided by what I have told you. I will now read your life according to the power of Clairvoyance, and I feel that there is much that I can tell you for your own good.

I see much happiness for you, and you need never fear. You have wonderful powers, and can positively develop them if you will only try.



LIBRA.

LESSON X.

ALL PERSONS BORN FROM SEPTEMBER 23 to OCTOBER 22, INCLUSIVE, WERE BORN UNDER THE SIGN OF LIBRA.

THIS IS THE MIDDLE SIGN of the AIR TRIPLICITY, and persons born in it have a great variety of dispositions. You are naturally persistent and competent, and can, through these qualities, win success. Your foresight and judgment are excellent, and you could become a successful merchant or business person. In studies you can excell, and if you have an inclination to be a scholar, a writer, a lecturer or educator, I would advise you to follow that line of ideas. The study of philosophy or Occult Science would interest you and benefit you very much. Indeed, your success in a great measure depends upon acquiring knowledge of what this life is for.

YOUR SUCCESS and happiness depends upon your being energetic, ambitious and striving to know all that can be known. In all of your undertakings you must be fearlessly bold and daring, and never worry over losses, troubles or obstacles. The moment you stop to waste energy in fear, doubt or regrets for past actions, that moment you are in danger. Understand that you are a very fortunate person, and can always win success, if you feel sure you will win before making the attempt. No half-hearted or faint-hearted work will be a success in your hands. You must be enthusiastically in earnest, and feel in every fibre of your being that you will succeed in whatever you attempt to do.

MANY DARING AND BRILLIANT financiers, stock brokers, speculators, schemers, promoters and even gamblers come out of this sign. Gambling never brings happiness, even if success attends it, and I would caution you against this pernicious habit. There are so many good, legitimate enterprises in which you could engage with success, that I would urge you to apply yourself to a good honest calling. You can make yourself charming, fascinating, magnetic and attractive by curbing your intense passions and appetites a little. Avoid being too reckless and too daring; there is a golden mean or a happy medium between the two extremes of daring and boldness, and fear and timidity, which you should adopt in all of your undertakings.

LIBRA WOMEN are more sensible, and have better judgment, than men of this sign. In love affairs exercise great care, and do not place your love through low and sensual feelings. Never borrow money, but earn all you spend; be self-reliant and strong, and fight the world by your own strength and power, which, I assure you, is very strong. The planetary forces and solar fluids will serve you well and good, when you stand out alone and rely on your own abilities. The good that Libra people can do in the world, when they are awakened, is astounding. You ought to give time to reading philosophical works, and ever hold in your mind to be a good, true, forceful person. Learn to adapt yourself to all conditions of life, and not be disturbed by either adversity or prosperity. When you can be calm and tranquil, no matter what happens, that very moment you become a very powerful being, and can work wonders. All the powers and forces of the universe are then yours to use; indeed, you will be helped by unseen powers that you little dreamed exist. If you only knew of the countless souls that could help you you would have more courage than you have. What you attribute to luck is not luck, but the work of unseen intelligent powers who help those who help themselves. Be kind, amiable, pleasant, gentle and generous to all mankind and all animals. As long as you do not fret and worry about money you will have plenty of it, and the best plan for you to follow in amassing a fortune is not to think much about money matters, but plunge ahead in an easy, confident way, in any line that is to your fancy, and you will be successful.

ALWAYS BE BROAD-MINDED and liberal in your ideas. Your great fault is impatience, and you must learn to wait. When you can overcome impatience, and will let your higher and better mind guide and direct your actions you will get along better. Persons of your nature ought to dress well, live in good houses, and have all the comforts and every luxury of life. It hardly ever pays a Libra person to engage in hard and dirty work, because they must be neat and clean. The world ever shows favor to neat, trim and clean-looking people, and has no use for a slovenly person. Married people of this sign who have children, and provide good homes for their families, are always very fortunate in their financial undertakings. It is very unwise for a Libra person to remain unmarried.

ONE OF THE GLARING FAULTS of this sign is egotism. Strive to be modest and quiet, not vain and proud. I would you, dear friend, to cultivate your higher and better nature all you can. I dearly love the Libra people, because they are always so fearless, daring, dashing and bold. It is difficult for the world to love or help a timid or cowardly person; one who is weak and afraid, and goes about telling tales of woe and misery. Yet, we ever love the weak, and ever strive to help them.

Your planets were strongly placed in your map, and the indications are that you will meet with fair success in life. Your lucky days are Monday and Friday. Your birthstone is a sapphire. The position which the planets held at the time of your birth show that you have excellent agreement with relatives and neighbors, and from strong influential friendship, some of these are of great assistance to you.

THERE IS AN INDICATION of much generosity during early life, but this is overcome by acquisitiveness in later years. I should urge you to cultivate generosity and kindness. Many favorable journeys are shown, and your fortunate days for commencing these are Monday and Wednesday. Your most favorable months are February and June.

Now I have told you exactly what your planets call for, and I trust you will be guided by what I have said. I will now tell you what I see according to the power of Clairvoyance.



SCORPIO.

LESSON XI.

ALL PERSONS BORN FROM OCTOBER 23 to NOVEMBER 21, INCLUSIVE, WERE BORN UNDER THE SIGN OF SCORPIO.

THE SCORPIO people are allied to the great powers of the ocean of this planet. This is the middle sign of the WATER TRIPLICITY. The Scorpio people are wonderfully strong, as the planetary and solar forces which surge through them constantly, gives them great magnetic power and vitality. All persons of this sign have great possibilities, so we earnestly urge you to realize your greatness.

MANY WISE MEN are born under this sign, and they have set down many rules, which, if followed, will lead the Scorpio person to the greatest success.

THE MOST HELPFUL MEN AND WOMEN come out of this sign, and the world can rejoice when the Scorpio person is born.

Oh, you blessed people! What strength and power for success and happiness you have! You are the salt of the earth. Many eloquent speakers come out of this sign, such as lecturers of note and preachers of prominence, also some of the best writers are Scorpio people. When not ignorant, and educated, these people can turn their minds and hands to any line of work with success; therefore it is very important that you read a great deal, and acquire all the knowledge that you can. It is important that you always maintain a quiet, modest and dignified bearing. It is well for you to be fond of the good things of the world—dress well and have a comfortable home. In money matters you can amass wealth by steady and persistent endeavor in one line, always being provident and saving and put by money for future needs or investments. But do not be stingy, mean or penurious; you can be careful with money and yet spend considerable sums in improving your surroundings. Much of your leisure time should be spent in outdoor exercise, as your health and vigor depends upon lots of fresh air and sunshine. Traveling on water, such as ocean and lake trips is very beneficial to you, and if you are fond of boating, give much of your time to it. Don't get money-mad or let money be your only aim, as being too deeply engrossed in the acquiring of riches, often with Scorpio people defeats the very end sought. Sometimes people of this sign get money-mad, and break down their health and destroy their vitality necessary to every one who amasses money. Don't worry, take it easy.

IN LOVE AFFAIRS you will be successful from the very moment you can control any feeling of anger, jealousy, envy or hatred. Indeed, the worse fault of this sign, and the faults which retards progress and success is a tendency that you are likely to have to get angry and disturb if things do not go just as you think they ought to go. From this cause some Scorpio people are not successful in love and business. Be kind, gentle, amiable and polite to all, and all will love you, and your success is assured. By following this advice you will become magnetic, fascinating, charming and draw and attract to yourself the love of everyone, people will admire you and want to associate with you.

THIS MEANS SUCCESS.—Marriage will bring you success and happiness. I always advise early marriage to people under this sign; and have children. If you are of a nagging or jealous nature, do not think of marriage until you are thoroughly cured of this mean and bad habit. Associate all you can with men and women that have success, and carefully study and observe how they order their lives.

READ THE LIVES of great and good men and women who have achieved success. Around you all the time are great forces and powers which can help you if you will only heed what I say here. My only interest is the deep love I have for all, and my desire to see you get the full benefit of the extraordinary planetary and solar conditions under which you were born.

MOST OF THE PLANETS were strongly placed in your map, and the indications are that you should have an active disposition and good success in life. Your astrological colors are brown and red. Your birth-stone is an opal. The positions which the planets held at the time of your birth show that you are of an active, generous nature, and capable of holding friendship, especially if you engage in an occupation in which you have employees. These will always be greatly attached to you. There are many favorable indications as to your traveling, but you do not economize as you should in money matters. You must do this more in order to become well off.

IN COMMENCING A JOURNEY, or beginning a new undertaking of any kind, you should use your fortunate days—Tuesday and Friday—and your most favorable months—March and July.

Now I have read for you according to your planets and I will say if you will do and be guided as I have told you, you will always be able to overcome any and all troubles, matters not how dark this world chances to be for you, you will at all times come out on top of all troubles. Never allow people to know your affairs. Try at all times to keep your ideas to yourself and success will assuredly be yours.

I have pointed out the bad with good, and I trust you will be benefitted in every way. I will now read for you according to the power of Clairvoyance.



SAGITTARIUS.

LESSON XII.

ALL PERSONS BORN FROM NOVEMBER 22 TO DECEMBER 20, INCLUSIVE, WERE BORN UNDER THE SIGN OF SAGITTARIUS.

This is the last sign of the FIRE TRIPLICITY. As this is the sign of earnestness, honesty and frankness. I read to impress you with the fact that the mystics of India give their whole life to doing good; that all I tell you is positively for your good. I want you to be successful and happy.

THE TEXT OF THIS READING is "Health, Wealth and Happiness." Naturally you are born for grand achievements. The one thing that can retard your progress or be obstacles to your being successful would be tendencies of doubt, fear, morbidness, impatience, dishonesty, a lack of combativeness, a lack of generosity.

YOU MUST STUDY YOUR WEAK points carefully and try to break yourself of the tendency to quickly get angered or mad with those who do not agree with you. Put your whole force and energy into whatever you undertake and know that you can succeed. You can generally accomplish what you undertake by having the fullest faith and greatest confidence in your ability to succeed.

IT IS ABSOLUTELY NECESSARY for people of your sign to have unbounded faith, hope and confidence. If you are fearful of success, and have any doubts about succeeding in any undertaking you have in mind, it would be wise for you to abandon it, as the chances are you will not meet with success if you do not. Work is essential to your happiness. All people of this sign who are idle, or not continually actively engaged in some pursuit, are apt to be very miserable. Rely entirely upon your opinions, and do not allow or permit anyone to switch you off, or change your mind, as your own judgment about what to do or what not to do is far more valuable than that of friends or acquaintances. You are adapted to business, and are successful when you apply yourself to one line.

CONCENTRATE all your energy and powers on whatever you have in hand, and do not take up a new undertaking until you carry the present one to a successful end. You will be very powerful and forceful to the extent that you combat and overcome obstacles, especially your faults. You are one that does not need to be told much about your faults, as you well knew them yourself. Therefore I will not say much about them, but leave you to determine your weak points, and only urge you to fight with persistency to down every low and bad tendency you may chance to have.

YOUR GREAT SUCCESS and happiness will depend upon how you bring out the good and high qualities which you naturally possess. When these are strong, and dominate your lower nature, you will be a very charming and fascinating person. In love, business, social achievements or culture, you will be very successful. People will then marvel at your wonderful magnetic and hypnotic powers, which will make you all wonderful in influencing men and women; in attracting and drawing to you people who can be of service to you.

PEOPLE OF YOUR SIGN do many of the great things in the world, and when educated, well read and well informed and cultivated, invariably achieve distinction and amass great fortunes. It is well for you in your relation with men and women to be frank and open, and always bright, cheerful and jovial.

PEOPLE WHO SUCCEED are those who are very hopeful and cheerful, and who are always up and doing, making things happen. And that is just what you must fix in your mind. I will make things happen—I will succeed—I will be happy and joyful—I will see only the good and bright things of the world. You are indeed what this world needs—more cheerful workers, more enterprising men and women, more progressive beings, more courageous and combative people.

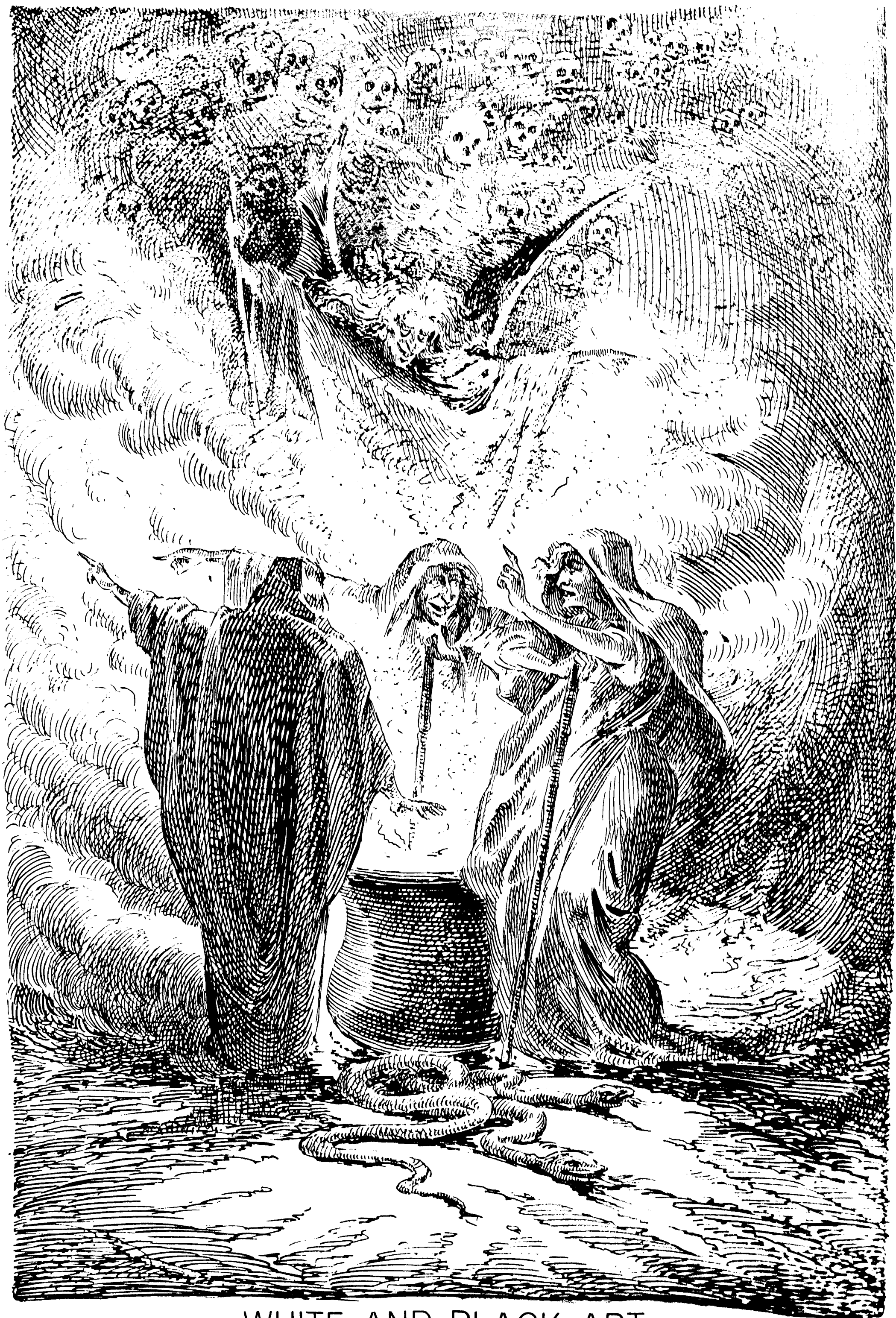
PERSONS OF YOUR SIGN should marry very young and have children. Neatness, order, attention to details, providentially laying aside money for emergencies, belonging to your sign in a marked degree, and is what makes so many of the Sagittarius people so wonderfully cheerful. You generally understand the road of wealth. Poverty is a curse, and should be abolished. You will get plenty of money, but you must use it wisely. Fully developed, cultured, with the refined and educated Sagittarius people are very intuitive; their minds are constantly running ahead, and quite accurately for telling coming events; they become bright and brilliant conversationalists, and all in all a much-beloved people.

Lots of reading, good spirited music, outdoor sports, dancing, association with learned and brilliant people, is of advantage to you.

My dear friend, I have pointed out the way according to your planet, and I trust you will profit by what I have told you. Your most favorable days are Monday, Wednesday and Saturday. Your most favorable months are April, September and January. Your astrological colors are red, green, blue and yellow.

I will now endeavor to read your life according to the power of Clairvoyance, and I feel that it will please you.





WHITE AND BLACK ART.

WORKS OF MAGICAL ART

SERIES G.

PART 7.

The Works of Magical Art. A Complete Treatise On Occult Mysteries, Consisting of White and Black Art, Witchcraft and Sorcery, as Practiced by the Hindoos. Their Conjunction of Spirits, and Curing of Natural and Unnatural Diseases by Charms and Magical Words. Reuniting the Separated, and Removing Evil.

THE BOOK OF NATURE, HIDDEN SECRETS AND MYSTERIES OF LIFE UNVEILED. BEING THE FORBIDDEN KNOWLEDGE OF ANCIENT PHILOSOPHERS.

SPECIAL NOTICE.

Words of Warning, Request and Advice.

THERE IS A CERTAIN KIND OF ENERGY, based on the existence of a mixed world, placed without, not within us, and into communication with which we can enter by the use of certain arts and practices. This has long ago been demonstrated as a fact. That these forces can get hold of a person and break him down as easily as the fearful hurricane sweeps all before it, and without his being able to perceive the invincible foe, or being able to protect himself, is also proven. But that these forces may be dominated, so that they will obey the thoughts, answer to the voice, and understand the meaning of traced signs, is what many cannot realize, and what their reason rejects; yet, this also is capable of being demonstrated and proven.

THE STUDENT SHOULD ALWAYS BEAR IN MIND that in trying to demonstrate these things for himself he is working with unseen and powerful agents, which, if he is not equally powerful, pure and high-minded, loving his fellow-men, and seeking to benefit mankind, rather than seeking or desiring powers and benefits for himself, he had much better be dead than to try any of these things for the gratification of his personal nature; for in seeking to harm another, curses of a much greater force may befall him.

Thus, again, we should look within, rather than without, as the exercise of True Magic does not require any ceremonies or conjurations, or the making of circles and signs; it only requires a strong faith, gained through a knowledge of nature's laws, which can accomplish anything, if it acts through

a human mind which is in harmony with these laws. Without it nothing useful can be done. True Magic also consists in true faith; but true faith rests in spiritual knowledge, and without that kind of knowledge there can be no faith. This is only obtained by developing one's own inner and most lofty nature.

THE CONJURATION OF THE EVIL SPIRITS OF THE ASTRAL PLANE means practically a full realization of "Faust and the Demon." There are many strange things set forth in the following pages—almost too strange to believe; yet, because one is ignorant of their existence it does not follow that they are not real, as the sad records of sorcery and witchcraft, of hoodooism and Black Magic abundantly testify.

Man does not know himself; therefore, he does not understand the things in the inner world. Each man has the essence of the Divine within himself; he possesses one kind of knowledge as much as another, and he who does not find that which is in him cannot truly say he does not possess it, only he was not capable of successfully seeking for it. Therefore, in seeking, always bear in mind, true growth rests in the capacity of the human mind and the human will to comprehend spiritual truths; and not by basing its conclusions upon external appearances, caused by the illusion of the senses, or of selfish purposes. In launching this work before the people of this generation the writer merely seeks to meet the growing demand for works of a mystical character. Feeling assured that the student will find enough herein to ponder over, and perhaps awaken some responsive chord in his nature which will lead him to seek for the Divine within himself, rather than trying to awaken external forces which will prove themselves the stronger. All this is plainly set forth by the writer, yet, an additional warning seems to be essential.

AS WE HAVE PROMISED TO TEACH YOU ALL THE SECRETS and powers of Spiritism, Natural Magic, Personal Magnetism, Hypnotism, Mental and Magnetic Healing, Clairvoyance, White and Black Magic (Art), etc., we feel it only our duty to impress upon your mind the evil of these wonderful powers when they are applied in an evil way. We desire and request that our students will look upon this work and use its laws and teachings for good of mankind and the glory of God, ever remembering that God is the Ruler and Holy King of all things.

YOU SHOULD AT ALL TIMES DEAL ONLY WITH THE HIGHER AND GOOD SPIRITS, especially when developing your power. We know there will be times when you will encounter the lower and earth-bound forces, which will endeavor to lead you from the path of duty and honor into all manner of darkness and evil, and cause you to do many things you should in all cases and under all circumstances guard against.

We know there is a wonderful amount of good you can do, if you will only act and work according to our advice and instructions. It is absolutely necessary for the students to take the full courses of our instructions in order to be master of both good and evil powers, as we find it necessary, many times, to deal with the lower forces in order to draw in sympathy with the higher spirits, which enables us to accomplish good and great work. But we must at all times be the master, which will prevent the dark and earth-bound spirits from leading us from the right path of our duties.

YOU WILL KINDLY REMEMBER that we are not teaching you these wonderful secrets for evil purposes, but for an everlasting good. We say this because we know full well you will have hundreds of people calling to see you, and who will offer you large sums of money to do all kinds of work for them. But we trust that you will only perform such duties as will be to your own honor, and the

glory of God, and for the welfare of your fellow-men. We are going to teach you both good and evil, just as it was practiced thousands of years ago by the biblical followers, and the Hindoos and Wise Men of the East.

WE DO NOT WANT YOU TO FEEL, because you possess these great and wonderful secrets, that you should go on doing all manner of evil, when there is plenty of room for you to do good.

WE WOULD WITHHOLD THE SECRETS OF BLACK ART FROM YOU, but we feel it necessary for you to know them in order for you to understand the laws of good and evil. Therefore, we are going to teach you all the secrets of the Occult Sciences, and as we have advised you, we will not be responsible in case you yield to temptations.

No doubt you will say some of our teachings are impossible, or, again, you may say some of these remedies are too simple; but even though they may seem simple, yet, they all have a powerful charm, and, if studied and operated just as we have instructed you, we will promise that you will be the means of restoring many sufferers to perfect health, after all other sources have proved to be worthless.

Now, dear students, as we have earnestly advised you to be guided only in the path of that that is Godly, we trust you will obey our teachings. We have also advised you upon this matter in our first course of instructions in Spiritualism and the Development of Mediumship, Series A. Therefore, we earnestly request you again and again, be guided only by the good and higher spirits.

May the blessings of God be with you and yours for ever and ever!

We will now enter upon the great secrets of Magical Art.

MAGICAL ART AS PRACTICED BY THE BIBLICAL PHILOSOPHERS AND THE WISE MEN OF THE EAST IN OLDEN TIMES.

LESSON I.

DEAR STUDENT, before entering upon the great secrets of Magical Art, Witchcraft and Sorceries, we beg to call your kind attention to the many wonderful miracles that were performed by our Saviour, Jesus, and His disciples. We will also speak of the wonderful cures of diseases, the casting out of evil spirits (devils), etc.

AS IT IS WRITTEN IN THE HOLY SCRIPTURES, Christ healed the sick, made the blind to see, the lame to walk, cast out the evil spirits (devils) from those who were possessed and tormented by evil, and it is further written, through His wonderful works He even raised the dead. After performing these wonderful works He said, "Greater things than these shall ye do." We read in the Divine Scriptures that "God is no respecter of persons."

THE SAME GOD that existed in ancient days exists to-day.

The same wonderful miracles that were performed in ancient days can be performed to-day. Constant prayer, divine love and perfect faith are all that are needed to enable the student of to-day to perform all manner of good, the same as were performed by the ancient philosophers (prophets).

LESSON II.

IN THE DAYS OF JUDGES AND KINGS dreams and prophetic visions signified the same thing. In 1 Samuel, 28, 6, we read: "In olden times in Israel, when men inquired of the Lord, they said, 'Come, let us go to the seer, for they were called seers who are now called prophets.' "

WE READ IN DEUTERONOMY, 13, 1-4: "If there arise among you a prophet, or a dreamer of dreams, and giveth thee a sign or wonder, and the sign or wonder come to pass whereof he spake unto thee, saying, Let us go after other gods, which thou has not known, and let us serve them, thou shalt not harken unto the words of that prophet, or that dreamer of dreams; for the Lord, your God, proveth you to know whether ye love the Lord, your God, with all your heart and with all your soul." From this we learn that persons who were not prophets, and who were not of a pure heart, also had prophetic visions.

It would be tedious, as well as superfluous, to recite all the visions of the prophets. In the meantime we will not pass or leave out the most remarkable, as we feel there will be much knowledge gained by our faithful students from these facts.

LESSON III.

AMONG ALL THE PROPHETS of the old dispensation there were none more exalted than Elias, whose very name was a synonym for a higher grade of being. We find in him an example of great significance in magnetic transactions. He imparted the most important doctrines of life, and he gave life to such as had apparently died, a history of which is here inserted verbatim: "And it came to pass after these things that the son of the woman, the mistress of the house, fell sick, and his sickness was so sore that there was no breath left in him. And she said unto Elias, 'What have I to do with thee, O thou man of God? Art thou come unto me to call my sin to remembrance and to slay my son?' And he said unto her, 'Give me thy son.' And he took him out of her bosom, and carried him into a loft, where he abode, and laid him upon his own bed. And he cried unto the Lord, and said: 'O Lord, my God! hast thou also brought evil upon the widow with whom I sojourn, by slaying her son?' And he stretched himself upon the child three times, and cried unto the Lord and said: 'O Lord, My God, I pray thee, let this child's soul come into him again!' And the Lord heard the voice of Elias, and the soul of the child came into him again, and he revived. And Elias took the child; and brought him down out of the chamber into the house, and delivered him to his mother." (1 Kings, 17, 17-24).

The Miracles of Elisha.

LESSON IV.

OF A SIMILAR KIND, a still more remarkable instance of the striking and powerful magnetic (magic) influence is given in the history of the Shunamite's son, who was restored to life by the prophet Elisha (2 Kings, 4, 18-37): "And when the child was grown it fell on a day that he went out to his father, to the reaper, and he said unto his father, 'My head, my head!' And he said to a lad, 'Carry him to his mother.' And when he had taken him, and brought him to his mother, he sat on her knee till noon, and then died. And she went up, and laid him on the bed of the man of God, and shut

the door and went out. And she called unto her husband, and said, 'Send me, I pray thee, one of the young men, and one of the asses, that I may run to the man of God, and come again.' And he said, 'Wherefore wilt thou go to him to-day? It is neither new moon nor Sabbath.' And she said, 'It shall be well.' Then she saddled an ass, and said to her servant, 'Drive and go forward; slack not thy riding for me, except I bid thee.' So she went, and came unto the man of God to Mount Carmel. And it came to pass, when the man of God saw her afar off, that he said to Gehazi, his servant, 'Behold! yonder that Shunamite! Run now, I pray thee, to meet her, and say unto her: Is it well with thee? Is it well with thy husband? Is it well with thee, child? And she answered, 'It is well.' And when she came to the man of God to the hill, she caught him by the feet; but Gehazi came near to thrust her away. And the man of God said, 'Let her alone, for her soul is vexed within her, and the Lord hath hid it from me, and hath not told me.' Then she said, 'Did I desire a son of my Lord? Did I not say, Do not deceive me?' Then he said to Gehazi, 'Gird up thy loins, and take thy staff in thy hand and go thy way. If thou meet any man, salute him not, and if any salute thee, answer him not again. And lay my staff upon the face of the child.' And the mother of the child said, 'As the Lord liveth I will not leave thee.' And he arose and followed her. And Gehazi passed on before them, and lay the staff upon the face of the child, but there was neither voice or hearing. Wherefore he went again to meet him, and told him, saying, 'The child is not awaked,' and when Elisha had come into the house, behold! the child was dead, and laid upon his bed! He went in therefore, and shut the door upon them twain, and prayed unto the Lord. And he went up and lay upon the child, and put his mouth upon his mouth, and his eyes upon his eyes, and his hands upon his hands; and he stretched himself upon the child, and the flesh of the child waxed warm. Then he returned, and walked in the house to and fro, and went up and stretched himself upon him; and the child sneezed seven times, and the child opened his eyes. And he called Gehazi, and said, 'Call this Shunamite.' So he called her. And when she was come unto him, he said, 'Take up thy son!' "

LESSON V.

WHAT WE MAY LEARN FROM THE ABOVE.—First, that one must be a man of God, as Elisha was. Second, Elisha must have been well acquainted with the transferring of this power by means of a conductor, or he would not have sent his servant before him with the staff, by simply laying the same upon the face of the dead child, and thereby restore him to life. Third, the command that he gave unto his servant to salute no one by the way has a deep significance. He was to give his undivided attention to the business of raising the dead unto life, and not to be led away by any other consideration or occasion whatever.

A PROOF that it is highly necessary and important that a magnetic physician (or student) should be free from all diversions in order to concentrate all his energies upon the one object—the patient.

FOURTH, the very management in this case is incomparable.

FIFTH, it is a proof that perseverance and continuance is a chief requisite in a magnetic operation. You cannot fell a tree with one stroke; so Elisha, after the first effort, arose and walked to and fro in the house, and only upon the second effort did the dead lad begin to breathe. By the conduct of Elisha (and his soul) we may learn that the inner sense may also be developed by music, as, for instance, when Elisha was called upon to prophesy to the Kings of Israel and Judah against the Moabites he said, "But now bring me a minstrel." And as the minstrel played the hand of the Lord came

upon him, and he prophesied. (2 Kings, 3-15). That they knew the method of healing by laying on of hands, that they practiced it, is proven by the passage (2 Kings, 5-11). Naaman, the Syrian captain, expected Elisha to move his hand over the leprous part, and thus put away his leprosy.

The Woman of Endor.

LESSON VI.

WONDERS OF THE SAINTS.—We often read that the remains of saints worked marvelous wonders, and healed the sick long after their decease. This was the case of Elisha, for we read (2 Kings, 13-20): “And Elisha died, and they buried him. And the bands of the Moabites invaded the land at the coming in of the year. And it came to pass as they were burying a man, that behold! they spied a band of men; and they cast the man into the sepulchre of Elisha; and when the man was let down, and touched the bones of Elisha he revived and stood upon his feet.”

If it might probably appear that in the earliest ages men were chiefly given to prophecy and inner perceptions, in our day and among us, the female more frequently possess these gifts. Still, there are numerous instances of prophetic women recorded in the Bible also, as, for example, the WOMAN OF ENDOR, WHO POSSESSED THE SPIRIT OF DIVINATION, and to whom SAUL went to inquire of. HULDAH, the prophetess (2 Kings, 22, 14), and DEBORAH, the wife of LAPIDOTH, etc.

Oriental Magic.

LESSON VII.

ORIENTAL MAGIC.—Let us once more take a retrospective glance upon the people of Israel, according to the history of the Old Testament, and upon the ancient days of the ORIENTALS, and compare the MAGIC among them to that of later years, and we shall find many and essential differences.

In the first place, I have remarked before how that the people of ISRAEL stood single and alone before all heathen nations, and how the MAGIC among them assumed an essential and a diversified form.

FOR ALTHOUGH the Jews remained so long in Egypt, they brought very little Egyptian Magic with them on their return; that is, of the genuine thuerical MAGIC ART, which is the result of natural powers and of human inventions. These MAGICAL ecstacies and wonder workings were more of the nature of divine inspiration, while the BLACK ART, practiced by natural means, which was to produce supernatural effects, was met with severe punishment, and as unholy work of SORCERY AND WITCHCRAFT. We find quite the contrary in heathendom, since here the true knowledge of the divine was either lacking altogether, or it was adulterated by traditions and darkened by mysteries.

A LONGING OR LOVE IS THE ROOT AND BEGINNING OF EVERY HIGHER AND DIVINE KNOWLEDGE. PERSEVERANCE IN SEARCHING IN FAITH, AND IN THE CONTEST OF LIFE, ONLY PREFIGURES THE MIDDLE OF THE WAY. THE TERMINATION MUST ALWAYS REMAIN SOMETHING THAT IS HOPED FOR.

LESSON VIII.

ORIENTAL NATIONS AND THEIR MAGIC. We find among Oriental nations every grade of MAGIC—the steps necessary to solve the mysteries of somnambulism and second-sight, and the infinitely multiplied operations by which unusual occurrences are produced; in like manner we also find these things among the ISRAELITES, but differing totally in character. In the former instance, it was the individual and his presence; in the latter, it was not the individual upon which MAGIC depends, but upon mankind in general, and upon the great future.

THERE THE LIGHT OF MAN was made to shine by skillful actions, produced by the LOWEST ARTS; here shone a pure, unclouded, quiet life, vitalized by the warm breath of the ALMIGHTY—a light shining into the future, and upon this light depended all life and action. To the ISRAELITE seer not only the fate of single individuals stands revealed, but the fate of nations—yea, of mankind, which in the end must be reconciled to God by the unfolding of MAGICAL ART, as often happened under the old dispensation by instinctive somnambulist influences. If we examine the history of the old covenant we shall find that these remarkable people stood solitary and alone, like the pillar of fire amid heathen darkness.

ALTHOUGH WE FIND, among other nations, worthy men, who seek after the divine light, surrounded by darkness and uncertainty, here are men of God, BEARING THE IMPRESS of true faith, who give undoubted evidence of higher powers by visible acts and signs, which everywhere separates life from death, and truth from error, and while the ancient remnants of other nations show only theory without application, here we find a connected chain of facts and events; in fact, a divine and life-like drama.

OF ALL THESE THINGS the various books of the Holy Scriptures speak with confidence, so that the history of no other people, interwoven with fables, can be compared with them.

According to this, the Bible contains the light which illuminates every dark phase in life; it is the groundwork of all human actions, the guiding-star of the earthly to the eternal, of the intellectual to the divine, the aim and end of all knowledge.

IT IS THE FIRST OF THREE GREAT LIGHTS, guiding and governing our faith, and bears no relation to the other great lights of the angle which shall make these actions lawful, or the circle which sensualizes the fixed limit of the condition of mankind.

THE BIBLE is also more instructive and richer in reference to our subject than all other books taken together. We have, therefore, cited a few principal points, as well as the phenomena as of the mode of action and theory relating to MAGICAL ART and magnetism, and then we have called attention especially to the healing of the sick, according to Scriptural teachings. We have given an account of dreams, which a great many are recorded in the BIBLE.

The dreams recorded in the Bible are many and remarkable.

The voice with which God spoke to the prophets, and the men concentrated to Him were generally heard in dreams.

When Deep Sleep Falleth Upon Men.

LESSON IX.

THE VISIONS OF THE ANCIENTS, according to the testimony of Moses, were nearly always dreams. Numbers, 12, 6: "And he said: Hear now my words—If there be a prophet among you, I, the Lord, will make myself known unto him in a vision, and will speak unto him in a dream." Job, 33, 15: "In a dream, in a vision of the night, when deep sleep falleth upon men, in slumbering upon the bed, then he opened the ears of men, and sealeth their instruction."

Wonders That Can Be Performed.

LESSON X.

MAGICAL AND MAGNETIC APPEARANCES AND OCCURRENCES.—In placing this prominent treatise before the student, I felt no hesitation, because it was so clear and true; it seems so proper for this work here. We only write upon these wonderful miracles because we know it is, indeed, instructive to the student. It will at all times lead him to know that such wonders have been performed, and if these instructions are carried out and acted upon according to the way we direct you, you will be able to perform the same MAGICAL ART. WE DESIRE OUR STUDENTS TO READ EVERY WORD AND STUDY ITS LAWS MOST CAREFULLY. I will now relate a few instances of MAGNETIC AND MAGICAL appearances and occurrences, many of which are recorded in the Bible.

Writings of Moses.

LESSON XI.

DEEP SLEEP OF ADAM.—The most striking one we find in connection with ADAM, MOSES writes (Genesis, 2, 21), as follows: "And the Lord caused a deep sleep to fall upon Adam, and he slept." And now the question arises, What kind of a sleep was this? The answer is, It was a deep sleep. It was either the sleep of death, or a state of lethargy, or a trance (*raptus divinus*), or was it merely an ordinary sleep? The first appears improbable, and had this been the case, we know that in the release of the body from its earthy bonds, and shortly before death, the clearest instances of second sight have occurred; but the question is not of mortal illness, but of a deep sleep. If it was a trance, then that inward second sight may be regarded the more probable. The seventy-two translators of the Bible actually regard this sleep as a trance, and Tertullian says, in direct reference to it, "The power of prophecies of the Holy Ghost fell upon him."

NOAH AND THE ARK.—Another remarkable vision is that which Noah had of the ark, long before the deluge occurred.

MAGNETIC INFLUENCE OF JACOB.—We find another remarkable instance of the mag-

netic influence in changing the nature and complexion of living objects. "And Jacob took his rods of green poplar, and of hazel and chestnut tree, and pilled white streaks in them, and made the white appear which was in the rods. And he set the rods which he had pilled before the flocks in the gutters in the watering troughs when the flocks came to drink, that they should conceive when they came to drink. And the flocks conceived before the rods, and brought forth cattle ring-streaked, speckled and spotted."

THIS PROVES CLEARLY that the sheep and the goats could be made to bring forth their young changed in color and appearance, corresponding with the pilled rods which were placed before them by Jacob as they drank from the water. See Genesis, 30, 27-43.

Changing the Complexion of Living Objects.

LESSON XII.

IN THESE DAYS the theory that the features of the offspring of a human mother can be affected by an object upon which the mother gazes, by some is pronounced absurd. We know positively that the offspring of a human mother can be affected by the mother. Let us stop and consider the cause of birthmarks, etc. We pray that the student will never attempt such a cruel experiment; and yet this theory, in the very nature of things, is as fully established as the fact that the mental qualities of many children differ totally from those of their parents. The fact that the sheep and the goats, upon seeing the objects which Jacob so skillfully placed before them, brought forth their young differing in appearance from themselves, has a very deep significance. Either Jacob knew what the results of this stratagem would be from experience, or it was revealed to him in a dream, for we read, Genesis, 31, 10: "And it came to pass at the time the cattle conceived, that I lifted up mine eyes, and saw in a dream, and, behold! the rams which leaped upon the cattle were ring-streaked, speckled and grizzled." With the water which they drank, and in which at the time they saw their own reflection they transmitted the image of the speckled rods to their young.

DEAR STUDENT we have not the space to write further upon these wonderful Biblical evidences. But as the above is taken from the Old Testament, we feel that it is important to write also of the New Testament, and of the remarkable miracles that were performed by JESUS AND HIS FOLLOWERS.

I have already spoken of the Christian method of healing, and inasmuch as I refer back to it in this place the fact will not admit of a doubt that the HEALING by CHRIST, as well as by the APOSTLES, really had reference to MAGIC and MAGNETISM. They never obtained the means to heal the sick of diseases from the apothecary; they possessed an inherent power to heal diseases. AND BY WORDS THEY CAST OUT DEVILS, restored the DEAD TO LIFE, healed by WORDS AND BY LAYING ON OF THE HANDS, the lame and paralytic, and caused the BLIND TO SEE AND THE DUMB TO SPEAK. TO PROVE THIS, I will mention a few cures performed by Christ and the Apostles, as they stand recorded by the Evangelists and in the Acts of the Apostles.

The Power of Faith.

LESSON XIII.

THE FAITH OF THE CENTURION.—And when Jesus was entered into Capernaum, there came unto him a Centurion, beseeching him to heal his servant. And Jesus saith unto him: I will come and heal him. The Centurion answered and said: Lord, I am not worthy that thou shouldst come under my roof; but speak the word only, and my servant shall be healed.

When JESUS heard it, He marveled, and said to them that followed: Verily, I say unto you, I have not found so great faith; no, not in Israel. Go thy way, and as thou hast believed, so be it unto thee. And his servant was healed in the self-same hour. (Matthew 8, 5-13).

Now, dear student, read this, and just think what faith will do.

Whilst we look upon the above lesson as a wonderful miracle performed by Jesus, yet, let us also stop and think of the greater miracle that was performed by the Centurion; because it must be admitted that without the strong and implicit faith of the Centurion, Jesus would not have performed the miracle. Therefore, these seemingly miracles can also be performed by you in the self-same manner as it was accomplished by the Centurion.

LESSON XIV.

WHITE ART.

DRIVING OUT OF DEVILS.—"When the evening was come, they brought unto him many that were possessed with devils, and He cast out the spirits with words, and healed all that were sick." (Matthew 8, 16; Mark 1, 32). Dear student, this clearly demonstrates the fact that man positively possesses evil spirits, and there is a power by which they can be destroyed.

LESSON XV.

WHITE ART.

EXERTING INFLUENCE WITHOUT CONSENT.—"The daughter of the woman of Canaan, who was grievously vexed with a DEVIL, was restored through the faith of the woman." (Matthew 15, 22-28).

This lesson will demonstrate the possibilities of one person exercising a strong influence over another person without even their knowledge or consent.

LESSON XVI.

WHITE ART.

SEVEN DEVILS.—Mary, called Magdalene, out of whom went seven devils; the wife of Chuza, and many others possessed of evil spirits, were healed and freed. (Luke 8, 2, 3). Dear student, this lesson will prove to you that persons possess more than one evil spirit, and that they can be driven out.

LESSON XVII.

WHITE ART.

DEVILS DRIVEN INTO A HERD OF SWINE.—The man possessed of a LEGION OF DEVILS, which were driven into a herd of swine. (Luke 8, 27-33). This lesson will show where the

evil spirits can be driven out of persons, and made to enter animals. These evil spirits have been known to enter into dogs, thus causing them to run mad, and cows to become perfectly wild; horses to run away; hogs (swine) to fall dead, etc. This course of instructions fully teaches the student to remove all evil influences.

LESSON XVIII.

WHITE ART.

MAKING THE BLIND SEE WITH CLAY AND SPITTLE.—“The man that was born blind he healed with ground clay and spittle. He spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay, and said unto him: Go, wash in the pool of Siloam. He went his way therefore, and washed, and came seeing.” (John 9, 1-7). Dear student, from this lesson you will see that diseases can be cured with very simple remedies, providing they are applied in the proper time, and with the powerful words of the three highest names—God, the Father, God, the Son, and God, the Holy Ghost. Without faith in God man can accomplish but little good.

LESSON XIX.

WHITE ART.

CURING DISEASES WITH ARTICLES.—“And God wrought special miracles by the hands of Paul, so that from his body were brought unto the sick handkerchiefs or aprons, and the disease departed from them, and the evil spirits went out of them.” (Acts 19, 11-12). Dear student, from this lesson you learn that diseases can be removed, evil spirits can be driven out, by the use of articles. It proves that the Magnetism can be carried through an article, etc.

An Amulet for the Flux of Blood.

NATURAL MAGIC.

LESSON XX.

AN AMULET FOR THE FLUX OF BLOOD.—Natural Magic.—The following amulet is said by the Hindoos to be used to stop blood: “In the blood of Adam arose death; in the blood of Christ, death is extinguished; in the same blood of Christ I command thee, O Blood, that thou stop fluxing!”

A Charm to Cure Ague.

LESSON XXI.

WHITE ART.

A CHARM TO CURE AGUE.—White Art.—The Hindoos claim that ABRACADABRA in the forming of a charm or amulet it will be of no effect except BRACADABRA the very soul of the operator is strongly and intensely exerted and RACADABRA impressed, as it were, and the image of the idea sealed on the back of ACADABRA the charm or amulet. For instance, if you make a charm to draw a CADABRA person to you, you must draw an image of him as best you can on the ADABRA back of the charm. When writing a charm or amulet always add the DABRA letter as we have placed them here, starting with ABRACADABRA, and ABRA leave off a letter each time till you get to the letter A. ABRACADA- BRA BRA, it is said by the Hindoos, will cure AGUE without the use of any RA other word. A

Breeding Serpents.

BLACK ART.

THE HINDOOS SAY, if the hair of a menstruous woman be put under dung, it will breed serpents; and if the serpents be roasted in an oven till it can be powdered, if given to a person to eat will cause living things to creep between the flesh and skin.

Removing Unnatural Diseases with Urine, Pins and Needles, Etc.

BLACK ART.

It occurs also among the following experimental rules whereby to afflict witches, causes the evil to return back upon them. Given by "Blaygrave," in his astrological practice of Physic, 1689:

In order to remove a spell from a person who is suffering with an unnatural disease, take the urine of the patient, and put it into a bottle; also put in the bottle with the urine three nails, nine pins and nine needles, with a little white salt, keeping the urine always warm by hanging it up in a chimney. Cork the bottle well, and allow it to remain within the chimney for eighteen days and nights, and the affliction will leave the sufferer and return to the evil giver.

A Charm To Compel Spirits To Appear.

LESSON XXII.

SPIRITS APPEARING AT MIDNIGHT.—The Hindoo sorcerers say that spirits could be made to appear at midnight, and give their full names by the use of the following charm. Let nine persons enter into a room at ten o'clock at night, where there is a fireplace. Each person must have a fresh-layed hen egg, and each person should place the egg before the fire, on the hearth, just close enough to cause the egg to sweat, and not to burn. After they have placed their egg before the fire, each person is to be seated directly in front of the egg, and watch it closely without speaking a single word, or uttering a sound, till twelve o'clock (midnight), and it is stated the eggs will begin to sweat blood, and begin to tremble, and just at the hour of twelve the doors will open, the wind will begin to blow, and spirits of the evil sphere are said to enter; also coffins will appear. Some spirits will appear in the form of large black dogs, some in the form of snakes, etc.

In order to accomplish this, it is said the room must be perfectly dark, only allowing the light from the fireplace. It is further said, if a single word is uttered by any of the participants, it will positively break the spell; but if all present will remain perfectly quiet and unafraid, these forms and spirits will speak, and show you all manner of secrets. In order to accomplish this charm it is necessary that every person should concentrate his mind upon the spirit.

A Charm To Overthrow Evil.

To Be Written Word For Word On Pure Parchment.

LESSON XXIII.

CHARM OF POWER used by the Hindoos.—This charm written and constantly worn around the neck causes the person to have wonderful power, and prevent all evil. The charm was written word for word as follows:

“Make haste, O God, to deliver me! Make haste to help me, O Lord, A. H. A.! Let them be ashamed and confounded that seek after my soul! Let them be turned backward and put to confusion that desire my heart, A. H. A.! Let them be turned back for a reward of their shame that say Aha, Aha! Let all those that seek thee, rejoice and be glad in thee, and let such as love thy salvation say continually, Let God be magnified! But I am poor and needy; make haste unto me, O God; Thou art my help and my deliverer; O God, make no tarrying Metha, Selah, Demintha!”

The above charm should be written on pure parchment at mid-day. It is said that the Holy callings and Holy names of these charms have wonderful significance, and unless they are called out in true faith in God, the Holy One, there will be but little accomplished. But it is said if the callings and Holy names be regarded the spirits will at all times appear and render great service.

A Prayer To Prevent Evil.

To Be Written Word For Word On Parchment.

LESSON XXIV.

A PRAYER TO GOD TO PREVENT EVIL.—The following prayer was said to have been found in the grave of our Lord, Jesus Christ, in the year 803, and was sent by the Pope to Emperor Charles, on his going to the battlefield. The ancient sorcerers say whoever shall repeat it shall never die a sudden death; nor shall they be drowned; nor shall they fall into the hands of their enemies.

THEY ALSO SAY IF READ OVER A WOMAN IN CONFINEMENT OR LABOR SHE SHALL BE DELIVERED SAFE, and be a glad mother. When the child is born, lay it on its right side, and it shall not be troubled with misfortune. If anyone is subject to fits, or fall in severe illness, or if they are tormented by an evil spell, magnetize their body, and then lay the charm on their right side, and they shall rise up and thank God. And if it is kept in any house, the house shall be blessed by the Lord, and they shall be successful. The prayer is as follows:

“THE LUCKY LETTER.”

“O Holy Cross of Christ, ward off from me all weapons of danger! O Holy Cross of Christ, ward off from me all things that are evil! O Holy Cross of Christ, protect me in all the ways of happiness! O Holy Cross of Christ, ward off from me all dangerous deaths, and give me everlasting life! O Jesus of Nazareth, have mercy upon me, now and forever, amen! In honor of His holy resurrection and his God-like ascension, to watch over me, and bring me the right way to heaven! True as Jesus Christ was born on Christmas in a manger; true as He was crucified on Good Friday; true as three kings brought their offerings on the thirteenth day; true as He ascended into heaven, so the

honor of Jesus Christ will keep us from our enemies. Visible and invisible, now and forever, O Lord Jesus Christ, have mercy on me, Mary and Joseph, who took our Lord from the Cross and buried him. Pray for me, O Jesus Christ, by thy suffering on the cross. When out into the world, give me grace to carry my cross patiently with dread and fear; when I, suffering without complaining, and that I may escape now and forever. Amen and amen!"

Note.—No man has a soul, but he is a soul.

LESSON XXV.

BLACK ART.

IF AN INJURY IS INFLICTED upon the invisible man that injury will be reproduced on his visible body. Such things can be done, but it is very wrong to attempt them. Whoever attempts them is tempting God, and he who succeeds will seriously injure his own soul.

There have been people who have made images of wax representing certain persons of the opposite sex, and they melted such forms by the heat of a light to assist their evil imagination, and by using their faith they have succeeded in enticing those persons into an unlawful love.

LESSON XXVI.

BLACK ART.

THE CHALDEANS AND EGYPTIANS used to make images according to the constellation of stars, and these images moved and talked, but they did not know the power that acted in them. Such things are done by faith; but it is not the true faith in God, but a false faith, supported by a desire for evil, because a faith that kills and injures man is not good. A true faith can only come from the source of all good; that which is not good is not true to God. Evil belongs to the world, because without evil good cannot be known or appreciated; but in the source of good there can be no evil.

LESSON XXVII.

KING JAMES, IN HIS DEMONOLOGY, Book 2nd, Chap. 5th, tells us that "the devil taught how to make pictures of wax or clay, that by roasting thereof, the persons they bear the name of may be continually melted or dried away by continual sickness." It is further stated that sorcery can be performed by taking the fingers and toes from a dead body out of the grave of a murderer, and prepare it into a powder for magical purposes. It is also stated by St. James in his book on Demonology that the devil assists evil workers. They are said to distribute different articles to the evil worker in order to torment any person they feel evil towards.

IT IS STATED BY SOME SORCERERS that if a person (evil worker) desires to injure a person it can be done by an image of wax, by baptizing, etc. The Hindoos claim many wonderful things can be done; but we do not care to write further upon this matter; and, furthermore, if you are of God, surely you desire to know only that which is good.

Note.—It is especially remarked by the Hindoos that the processes given below would not be effective if employed by anyone who is not in possession of the occult power to make them effective; and the writer sees, therefore, no cause why they should not be published. Those who claim to possess such evil occult powers know these things already.

LESSON XXVII.

BLACK ART.

But there are certain things which ought to be known to physicians, so that they may learn the cause of certain mysterious diseases, and know the means to cure them, and to counteract evil influences by the power of good.

There are, for instance, some sorcerers who make an image representing the person whom they desire to injure, and they drive a nail into the foot of that image; and evil will and malicious thought cause the person whom the image represents to experience a great pain in his foot, and to be unable to walk until the nail is removed from the image. Now, if a physician meets with such a case he does not know the cause of the pain in the foot of his patient, and he will not be able to cure it; but if he knows the cause, he may employ the power of his soul to counteract the evil that has been caused by similar power.

THUS IT HAS HAPPENED THAT HAIR, BRISTLES, SNAKES, FROGS, SCORPIONS AND MANY OTHER THINGS HAVE BEEN TAKEN FROM THE BODIES OF PATIENTS, AND WERE FOLLOWED BY OTHER THINGS OF A SIMILAR CHARACTER, AND SUCH A STATE OF AFFAIRS CONTINUED FOR MANY WEEKS OR MONTHS, AND PHYSICIANS HAVE STOOD THERE HELPLESS, AND DID NOT KNOW WHAT TO DO.

But if they had better understood their business they would have known that these things have been brought into the body of a patient by the power of evil imagination of a sorcerer, and they might have put one of the extracted articles into an ELDER OR OAK TREE, ON THE SIDE DIRECT TOWARD THE RISING SUN, AND THAT ARTICLE WOULD HAVE ACTED LIKE A MAGNET TO ATTRACT THE EVIL INFLUENCE, AND WOULD HAVE CURED THE PATIENT.

You have oftentimes noticed, or you have heard of persons that have suffered from a certain disease. They have tried doctor after doctor, but in spite of all their efforts they could gain no relief. Then you have heard where these same persons went to a certain person, and were healed immediately. This is in every-day life.

Occult Mysteries.

LESSON XXIX.

MUMIA (the magnetic body) is a vehicle that contains the essence of life.

If we eat the flesh of animals it is their flesh that forms again blood and bones in our bodies, and forms new tissues and organs.

If an animal dies in consequence of internal disease we do not eat its flesh because its Mumia has been poisoned by its disease; neither do we eat the flesh of animals that die of old age, nor that of a rotten carcass, because its healthy Mumia has departed on account of the disposition, and what is left of the Mumia has been poisoned by the process of putrefaction.

THE MUMIA OF A LIVING BEING partakes of a characteristic of the being from whom it is taken. For this reason we do not eat the flesh of ferocious animals, such as tigers, lions, wild cats, etc. They contain a fiery Mumia, which stimulates the Astral essence of man, and causes in him such tendencies as were the characteristics of the animals from which they were taken. We eat the flesh of domestic animals because their character is more gentle, and their Mumia not exciting, such as a stupid ox, the gentle lamb, etc.; but the healthiest food is the flesh of birds, because they live in the air, and the air is the noblest of the four elements.

THE "MUMIA" OF A THING IS ITS LIFE PRINCIPLE. From the use of the Mumia have resulted the greatest and most mysterious magnetic cures; for some persons who have learned to know and understand the action and power of their Mumia, and that even a small dose of it attracts unto itself the power of the whole body, like the magnet attracts iron, have in this way cured themselves of many ills. The Mumia of the dead is useless, and the Mumia that is prepared by embalming a corpse is good for nothing, but to serve as food for worms. The most efficacious Mumia is that of a person who died in an unnatural manner while his body was in good health. Such a one, for instance, as has been hung or decapitated, or whose body has been broken on the wheel.

A PERSON WHO DIED A SLOW DEATH, in consequence of some disease, loses his power before he dies, and putrefaction being often in such cases even while the patient is still alive, his Mumia will then be worthless.

LESSON XXX.

IF OUR PHYSICIANS understood the occult powers of Mumia of persons that have died on the gallows they would use it for their own purposes. Such a Mumia is very powerful, especially after it has been exposed to the influence of the air and the sun. The Mumia of a person dying a violent death in the air returns to the air; that of a drowned person goes to the element of water, and the burnt person goes to that of fire. These three kinds of Mumia have wonderful occult powers. Strange feats may be performed through their use by those who know how to use them. Such people may be executioners or murderers—the latter sometimes kill a man to obtain his Mumia for the performance of wicked things. It would be better for such people to have never been born.

ON THE ACCOUNT of the great occult power contained in the Mumia it is used in witchcraft and sorcery.

WITCHES AND SORCERERS BARGAINED WITH EVIL SPIRITS, and caused them to carry the Mumia to certain places, where it may come in contact with other people, without the knowledge of the latter, and cause them harm.

They may take earth from the graves of people who have died of the plague, and infect other people with it. They may also infect cattle, spoil the milk and cause a great deal of damage.

Such "sorcerers" are evil disposed persons. That such sorceries occur cannot be doubted, if the subject be investigated.

The Evil Woman and What She Can Do.

LESSON XXXI.

MUCH COULD BE SAID UPON THIS SUBJECT, BUT THE AUTHOR DOES NOT WISH TO GIVE INSTRUCTIONS IN SORCERY, OR ENABLE THE WICKED TO USE THE KNOWLEDGE OBTAINED FOR THE PURPOSE OF INJURING OTHERS.

It is desirable that some good, wise men, versed in the secret arts, should be appointed by the authorities to counteract and prevent the evils of witchcraft and sorcery. Women should be especially guarded against these evils, as women seem to have been made an especial mark for these sorcerers. The Hindoos claim if a woman exposes a cloth impregnated with the menstrual blood to the rays of the new moon at night, and to the rays of the sun during the day a powerful basilisk is created, because it attracts the "magnes salis."

THIS INVISIBLE POISON MAY GIVE RISE TO MANY DISEASES, because the moon is the "menstrum mundi," and exercises evil influence. Gold attracts mercury, and amalgamates with it; likewise the sun attracts the "mercurium menstrui mulierum."

Evil Influences of the Moon.

LESSON XXXII.

THE MOON EXERTS EVIL INFLUENCES EVERY MONTH, and during such periods there is a sympathy between them. Women should know such things, and pay attention to them, or they may run great danger. It is a known fact that during the time of the plague many more women die than men. It is also known that women who, on account of their age, have lost the power to menstruate, are more powerful than others to affect evil spirits and sorceries, and to injure men and animals. These Hindoo sorcerers used certain invisible poisonous elements, taken from spiders, toads and other creatures, and used them in combination with the menstrual blood for evil purposes; however, it is not advisable to publish the secret how it is done. I will say, however, that sometimes they make an image of a person in wax, wrap a cloth, soiled with the menstrual blood, around it, and add the Mumia of the carcass of some animal, and by use of their evil imagination throw evil upon the person whom the image represents, and in this way poisoned his blood and caused him to die.

LESSON XXXIII.

BLACK ART.

THEY ALSO USED CERTAIN SUBSTANCES which they gave to persons in their food and drink, and in this way rendered those persons insane. They used it to make men or women amorous or quarrelsome; under its influence people fell deeply in love; thus it happened that masters and mistresses have fallen deeply in love with servants who administered to them such things, and they became servants of their servants. If women administered these substances to men, the men would fall so deeply in love with them that they would be unable to think of anything else but them; and if men administered such things to women, the latter would continually think of them.

The things which these sorcerers used for such purposes are nothing else but substances that have been long in contact with their own bodies, and which contain a part of their own vitality.

TRUE MAGIC IS THE GREATEST OF ALL NATURAL SCIENCES, because a knowledge of visible and invisible nature. It must be acquired by practical experience. To acquire this experience is to become wise; to know the true nature of the visible and invisible elements. Magic and sorcery are two entirely different things; there is as much difference between them as there is between day and night. Magic is the greatest wisdom and knowledge of supernatural powers. It would be well if our clergymen, who are called spiritual guides, would know more of spiritual things than what they have read in their books, and if they had some practical experience in divine instead of merely repeating the "opinions of the divine."

These lessons in the great truth we have set down for the use of the student, that he may study and know himself, and fully realize the wonderful power, both visible and invisible, which he possesses, and learn to use same; but we earnestly pray that he may only use the power which he may acquire for the glorification of God and the betterment of mankind.

May the blessings of the Holy Spirit be with thee and thine forever and forever.

We will now give you many valuable lessons in what is known as White and Black Art, and if the following lessons are written and practiced, word for word, much good can be accomplished and much evil prevented.

The Use and Power of the Psalms.

Made Into Charms, Seals and Amulets.

LESSON XXXIV.

THESE SEALS AND WRITINGS ARE POWERFUL EXTRACTS taken from Holy Scriptures, according to the exact way they were written by ancient Philosophers and the Holy Wise Men of olden times.

IN ANCIENT DAYS, AND EVEN TODAY, they are used, and said to be exceedingly powerful for curing diseases, removing evil influences, and for the purpose of drawing persons to you. These Charms are also used in hundreds of ways, as will be fully explained in the following lessons. These Psalms are made into CHARMS, SEALS and AMULETS, and are to be worn around the neck and body, and also placed in beds, ships, places of business and behind the doors of dwellings.

If they are used in perfect faith, they are known to bring the good forces from the spiritual kingdom and at the same time remove all evil. If prayed, written and practiced as directed, it will be the means of drawing you in perfect harmony with the Heavenly Father and the Almighty Power.

Remember, these Psalms are to be written word for word from the following pages, and signed in the three Highest Names, viz., God the Father, God the Son, and God the Holy Ghost.

A Charm to Cause Success.

LESSON XXXV.

PSALM (CHARM) NO. 108.—It is said that if this Psalm is written upon pure parchment, and hidden behind the door of your dwelling or business place, your going and coming will be blessed, and you will be successful in all your business undertakings. This is made as a seal, and written, word for word, as follows:

O God, my heart is fixed; I will sing and give praises, even with my glory. Awake, psaltery and harp; I myself will awake early. I will praise Thee, O Lord, among the people; and I will sing praises unto Thee among the nations. For Thy mercy is great above the heavens; and thy truth reacheth unto the clouds. Be Thou exalted, O God, above Thy heavens, and Thy glory above all the earth; that Thy beloved may be delivered; save with Thy right hand, and answer me.

God hath spoken in His holiness; I will rejoice. I will divide SHECHEM and mete out the valley of Succoth. Gilead is mine; Manasseh is mine; Ephraim also is the strength of mine head; Judah is my lawgiver; Moab is my washpot; over Edom will I cast out my shoe; over Philistia will I triumph. Who will bring me into the strong city? Who will lead me into Edom? Wilt not Thou, O God, who hast cast us off? And wilt not Thou, O God, go forth with our host? Give us help from trouble: for vain is the help of man. Through God we shall do valiantly: for He it is that shall tread down our enemies.

A Charm to Overpower Evil and to Cure Diseases.

LESSON XXXVI.

PSALM (CHARM) 109.—If you have a mighty enemy, who plagues and oppresses you, and you desire to rid yourself of his surroundings and evil doings, fill a new jug with new sparkling wine, add some mustard to it, and then repeat this Psalm three days successively, while at the same time you keep in your mind the holy names, and afterwards pour the mixture before the door of your enemy's dwelling. Be careful, however, that you do not sprinkle a single drop upon yourself when in the act of pouring it out. It is also said if this Psalm is written upon pure parchment and worn around the neck it will be a wonderful Charm to prevent further evil from attacking you, and at the same time cause the evil to return to the giver without their knowledge. THE CHARM IS AS FOLLOWS:

Hold not Thy peace, O God of my praise; for the mouth of the wicked and the mouth of the deceitful are open against me; they have spoken against me with a lying tongue. They compassed me about with words of hatred; and fought against me without cause. For my love they are my adversaries; but I give myself unto prayer. And they have rewarded me evil for good, and hatred for my love. Set Thou a wicked man over him; and let Satan stand at his right hand. When he shall be judged, let him be condemned: and let his prayer become sin. Let his days be few; and let another take his office. Let his children be fatherless and his wife a widow. Let them be before the Lord continually, that he may cut off the memory of them from the earth. As he loved cursing, so let it come unto him. As he delighted not in blessings, so let it be far from him. Let it be unto him as the garment which covered him, and for a girdle wherewith he is girded continually. But do Thou for me, O God, the Lord, for Thy name sake: because Thy mercy is good, deliver Thou me. For I am poor and needy, and my heart is wounded within me. I am gone like a shadow when it declineth: I am tossed up and down like the locust. My knees are weak through fasting; and my flesh faileth of fatness. I became also a reproach unto them: when they looked upon me they shook their heads. Help me, O Lord my God: O save me according to Thy mercy. That they may know that this is Thy hand; that Thou, Lord, hast done it. Let them curse, but bless Thou; when they arise, let them be ashamed, but let Thy servant rejoice. Let mine adversaries be clothed with shame;

and let them cover themselves with their own confusion, as with a mantle. I will greatly praise the Lord with my mouth; yea, I will praise Him among the multitudes. For He shall stand at the right hand of the poor, to save him from those that condemn his soul.

This Psalm is taken from the Bible in parts, but only some of the verses are used, as it would be strictly against my will to write the whole, as it is indeed very wicked, and strictly against my will to see either of our students return evil for evil. It is better to do good for evil. In case the student desires to know more pertaining to this Psalm 109, he is advised to read the same from his Bible.

A Charm To Overcome All Evil.

LESSON XXXVII.

PSALM (CHARM) NO. 100.—It is said that whoever prays this Psalm seven days successively seven times will overcome all his enemies. It is also said, if written in the three highest names and worn around the neck, it will win undying love. THE CHARM IS AS FOLLOWS:

Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness: come before His presence singing. Know ye that the Lord He is God: it is He that hath made us, and not we ourselves; we are His people, and the sheep of His pasture. Enter into His gate with thanksgiving, and unto His courts with praise; be thankful unto Him, and bless His name. For the Lord is good; His mercy is everlasting; and His truth endureth to all generations.

It is understood that these Charms are to be written on parchment, and at all times signed in the name of God the Father, God the Son, and God the Holy Ghost. It must be further understood that, regardless of the many holy names that may be used, always sign the three highest names after completing the Seal, or Charm.

A Charm To Remove An Evil Spell.

LESSON XXXVIII.

CHARM TO REMOVE AN EVIL SPELL.—PSALM 66.—It is stated that if a person is tormented by an evil spell they should write, or have written, this Psalm 66, and wear it constantly around the neck, and they will be cured of the evil at once.

The Charm should be written on parchment, and placed in a small bag made expressly for the purpose. After placing the Charm upon YOURSELF, or any person, you should then stretch your hands over him and say: "Save me, O God, for the waters are come into my soul." THE CHARM IS AS FOLLOWS:

MAKE A JOYFUL NOISE UNTO GOD, all ye lands: sing forth the honor of His name: make His praise glorious. Say unto God, How terrible art Thou in Thy works! Through the greatness of Thy power shall thine enemies submit themselves unto Thee. All the earth shall worship Thee, and shall sing unto Thee; they shall sing. SELAH. Come and see the works of God: He is terrible in His doings toward the children of men. He turned the sea into dry land: they went through the flood on foot: there did we rejoice in Him. He ruleth by His power forever; His eyes

behold the nations: let not the rebellious exalt themselves. Selah. O bless our God, ye people, and make the voice of His praise to be heard: Which holdeth our soul in life, and suffereth not our feet to be moved. For Thou, O God, hast proved us: Thou has tried us, as silver is tried. Thou broughtest us into the net; Thou laidst affliction upon our loins. Thou hast caused men to ride over our heads; we went through fire and through water: but Thou broughtest us out into a wealthy place. I will go into Thy house with burnt offerings: I will pay Thee my vows, which my lips have uttered, and my mouth hath spoken, when I was in trouble. I will offer unto Thee burnt sacrifices of fatlings, with the incense of rams; I will offer bullocks with goats. Selah. God the Father, God the Son, and God the Holy Ghost.

A Charm to Draw a Man to You.

LESSON XXXIX.

PSALM (CHARM) 72.—It is said if this Psalm is written upon parchment and worn around the neck it will cause you to become a universal favorite among all men. It is further stated that you can live unconcerned, and that you will never come to poverty. THE CHARM IS WRITTEN AS FOLLOWS:

A. H. A.! I cried unto God with my voice, even unto God with my voice; and He gave ear unto me. A. H. A. In the day of my trouble I sought the Lord; my sore ran in the night, and ceased not: my soul refused to be comforted. A. H. A. I remembered God and was troubled: I complained, and my spirit was overwhelmed. Selah. A. H. A. Thou holdest mine eyes waking: I am so troubled that I cannot speak. A. H. A. I call to remembrance my song in the night: I commune with mine own heart: and my spirit made diligent search. A. H. A. Will the Lord cast off forever? and will He be favorable no more? A. H. A. Is His mercy clean gone forever? Doth His promise fail forevermore? A. H. A. Hath God forgotten to be gracious? Hath He in anger shut up His tender mercies? Selah. A. H. A. And I said this is my infirmity: but I will remember the works of the Lord: surely I will remember Thy wonders of old. A. H. A. I will meditate also of all Thy work, and talk of Thy doings. A. H. A. Thy way, O God, is in the sanctuary: who is so great a God as our God? A. H. A. Thou art the God that doest wonders: Thou hast declared Thy strength among the people. A. H. A. Thou hast, with Thine arm, redeemed Thy people, the sons of Jacob and Joseph. Selah. A. H. A. The waters saw Thee, O God, the waters saw Thee; they were afraid: the depths also were troubled. A. H. A. The clouds poured out water: the skies sent out a sound: Thine arrows also went abroad. A. H. A. The voice of Thy thunder was in the heavens: the lightning lightened the world: the earth trembled and shook. Thy way is in the sea, and Thy path in the great waters, and Thy footsteps are not known. Thou leadest Thy people like a flock by the hand of Moses and Aaron. Selah. A. H. A. O God, I pray Thee to send Thee unto me, for I crave Thee. God the Father, God the Son, and God the Holy Ghost.

A Charm to Cast Out Evil Spirits. (Spells.)

LESSON XL.

PSALM (CHARM) 68.—It is said that if a person is tormented with an evil spirit (spell), and can find no relief, this Psalm should first be prayed over a quantity of water the sun has never shone upon, and then to anoint the body. Also to write the Psalm upon parchment and place it upon the body, which will cause the evil to vanish, and the patient will recover. The Charm is written as follows, in the three highest names—God the Father, God the Son, and God the Holy Ghost.

Let God arise; let His enemies be scattered: let them that also hate Him flee before Him. As smoke is driven away, so drive them away; as wax before the fire, so let the wicked perish at the presence of God. But let the righteous be glad; let them rejoice before God: yea, let them exceedingly rejoice. Sing unto God, sing praises unto His name: extol Him that rideth upon the heavens by His name JAH, and rejoice before Him. A Father of the fatherless, and a Judge of the widows, is God in His holy habitation. God setteth the solitary in families: He bringeth out those which are bound with chains: but the rebellious dwell in a dry land. O God, when Thou wentest forth before Thy people, when thou didst march through the wilderness: Selah. The earth shook, the heavens also dropped at the presence of God: even Sinai itself was moved at the presence of God, the God of Israel. Thou, O God, didst send a plentiful rain, whereby Thou didst confirm Thine inheritance, when it was weary. Thy congregation hath dwelt therein: Thou, O God, hast prepared Thy goodness for the poor. The Lord gave the word; great was the company of those that published it. Kings of armies did flee apace, and she that tarried at home divided the spoil. Though ye have lain among the pots, yet shall ye be as the wings of a dove covered with silver, and her feathers with yellow gold. When the Almighty scattered kings in it, it was white as snow in Salmon. The hill of God is as the hill of Bashan: a high hill, as the hill of Bashan. Why leap ye, ye high hill? This is the hill which God desireth to dwell in; yea, the Lord will dwell in it forever. The chariots of God are twenty thousand, even thousands of angels; the Lord is among them, as in Sinai in the holy place. Thou hast ascended on high, Thou hast led captivity captive: Thou hast received gifts for men; yea, for the rebellious also, that the Lord God might dwell among them. Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah. He that is our God is the God of Salvation, and unto God the Lord belong the issues from death. But God should wound the head of His enemies, and the hairy scalp of such a one as goeth on still in his trespasses. The Lord said, I will bring again from Bashan, I will bring my people again from the depth of the sea: That my feet may be dipped in the blood of thine enemies, and the tongue of thy dogs in the same. They have seen Thy goings, O God! even the goings of my God, my King, in this sanctuary. The singers went before, the players on instruments followed after; among them were the damsels playing with timbrels. Bless ye, God, in the congregations, even the Lord from the fountain of Israel. There is little Benjamin with their ruler, the princes of Judah and their council, the princes of Zebulun, and the princes of Anphtali. Thy God hath commanded thy strength: Strengthen, O God, that which Thou hath wrought for us. Because of Thy temple at Jerusalem shall kings bring presents unto Thee. Rebuke the company of spearmen, the multitude of the bulls, with the calves of the people, till every one submits himself with pieces of silver: Scatter Thou the people that delight in war. Princes shall come out of Egypt; Ethiopia shall soon stretch her hands unto God. Sing unto God, ye kingdoms of the earth; O sing praises unto the Lord; Selah: To Him that rideth upon the heavens of heaven, which were of old; lo, He doth send out His voice, and that a mighty voice. Ascribe ye

strength unto God: His excellency is over Israel, and his strength is in the clouds. O God, Thou art terrible out of Thy holy places: The God of Israel is He that giveth strength and power unto His people: bless be God.

A Charm to Prevent a Partner from Taking Advantage of You in Business.

ALSO TO BRING GOOD FORTUNE AND GOOD LUCK

LESSON XLII.

PSALM (CHARM) 63.—If you have reason to believe that your business partners are about to take unfair advantage of you, and that you will suffer loss through them, and if you desire, on this account, to withdraw from the firm, repeat, or write this Psalm on parchment and place it around your neck, and you will not only be able to withdraw without loss, BUT YOU WILL OBTAIN FURTHER GOOD FORTUNE AND BLESSING. THE CHARM IS AS FOLLOWS:

O God, Thou art my God; early will I seek Thee; my soul thirsteth for Thee: my flesh longeth for Thee in a dry and thirsty land, where no water is; to see Thy power and Thy glory, so as I have seen Thee in the sanctuary. Because Thy loving kindness is better than life, my lips shall praise Thee. Thus will I bless Thee while I live; I will lift up my hands in Thy name. My soul shall be satisfied as with marrow and fatness; and my mouth shall praise Thee with joyful lips: when I remember Thee upon my bed, and meditate on Thee in the night watches. Because Thou hast been my help, therefore, in the shadow of Thy wings will I rejoice. My soul followeth hard after Thee: Thy right hand upholdeth me. But those that seek my soul, to destroy it, shall go into the lower part of the earth. They shall fall by the sword: they shall be a portion for foxes. But the kind shall rejoice in God; every one that sweareth by Him shall glory: but the mouth of them that speak lies shall be stopped. God the Father, God the Son, and God the Holy Ghost.

A Charm to Draw Your Sweetheart.

LESSON XLIII.

PSALM (CHARM) 85.—Do you wish that your former sweetheart, but who now lives at enmity with you, should again be reconciled to you? If you can discover no disposition on their part to make it up with you, then go out into an open field, turn your face toward the South, and pronounce this Psalm, with the Holy Names, seven times in succession. Afterwards write it and wear it upon the bosom, and it is said he will approach and receive you in pure love and friendship. THE CHARM IS AS FOLLOWS:

Lord, Thou hast been favorable unto Thy land: Thou hast brought back the captivity of Jacob; Thou hast forgiven the iniquity of Thy people; Thou hast covered all their sin. Selah. Thou hast taken away all Thy wrath: Thou hast turned Thyself from the fierceness of Thine anger. Turn us, O God of our salvation, and cause Thine anger toward us to cease. Wilt Thou be angry with us forever? Wilt Thou draw out Thine anger to all generations? Wilt Thou not revive us again,

that Thy people may rejoice in Thee? Show us Thy mercy, O Lord, and grant us Thy salvation. I will hear what God the Lord will speak: for He will speak peace unto His people, and to his saints: but let them not turn again to folly: surely His salvation is nigh them that fear Him; that glory may dwell in our land. Mercy and truth are met together; righteousness and peace have kissed each other. Truth shall spring out of the earth; and righteousness shall look down from heaven. Yea, the Lord shall give that which is good; and our land shall yield her increase. Righteousness shall go before Him; and shall set us in the way of His steps. In the name of God the Father, God the Son, and God the Holy Ghost.

A Charm to Protect Yourself from Evil.

LESSON XLIII.

PSALM (CHARM) 121.—It is said if you are surrounded by evil persons who you have an occasion to mistrust, this Charm will protect you from all evil that they may try to cast upon you. The Charm is to be written and worn. If you are compelled to travel at night in a strange land, repeat before starting, and you will be successful. THE CHARM IS AS FOLLOWS:

I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth. He will not suffer thy foot to be moved: He that keepeth thee will not slumber. Behold, He that keepeth Israel shall neither slumber nor sleep. The Lord is thy keeper: the Lord is thy shade upon thy right hand. The sun shall not smite thee by day, nor the moon by night. The Lord shall preserve thee from all evil: He shall preserve thy soul. The Lord shall preserve thy going out and thy coming in from this time forth, and even forever and forevermore.

A Charm to Gain a Higher Position in Life.

LESSON XLIV.

PSALM (CHARM) 120.—If you desire to gain a higher position in life, or if you are compelled to appear before a high officer, or man stationed highly in life, it is said if you will pray this Psalm beforehand, in faith, and also to write it and place it over your heart, he will receive you into his office and give you an audience, and also employ you. THE CHARM IS AS FOLLOWS:

In my distress I cried unto the Lord, and He heard me. Deliver my soul, O Lord, from lying lips, and from a deceitful tongue. What shall be given unto thee? Or what shall be done unto thee, thou false tongue? sharp arrows of the mighty, with coals of juniper. Woe is he, that I sojourn in Nesech, that I dwell in the tents of Kedar? My soul hast long dwelt with Him that hath peace. I am for peace: but when I speak they are for war. God the Father, God the Son, and God the Holy Ghost.

A Charm for Luck and Favor.

LESSON XLV.

PSALM (CHARM) 122.—It is said if you are about to address a man high in station, or if you are about to ask a favor from one, or if you have been unlucky, this Charm, after being prayed nine times, and then written and placed upon your breast, will cause people to favor you, and also bring unto you luck and happiness. THE CHARM IS AS FOLLOWS:

I was glad when they said unto me, Let us go into the house of the Lord. Our feet shall stand within thy gates, O Jerusalem. Jerusalem is built as a city that is compact together: whither the tribes go up, the tribes of the Lord, unto the testimony of Israel, to give thanks unto the name of the Lord. For there are set thrones of judgment, the thrones of the house of David. Pray for the peace of Jerusalem: they shall prosper that love thee. Peace be within thy walls, and prosperity within thy palaces. For thy brethren and companion's sakes, I will now say, Peace be within thee. Because of the house of the Lord our God, I will seek thy good.

A Charm to Reunite the Separated.

(Husband, Wife or Sweetheart.)

LESSON XLVI.

If your husband, wife or sweetheart, friend, servant or journeyman has left you, write this Psalm on a leaden or tin plate, together with their name, and they will return to you. This must be written with a horseshoe nail, taken from a shoe which has been found upon the road or driveway. THE CHARM IS WRITTEN AS FOLLOWS, AND IS SAID TO BE POWERFUL:

Upon Thee lift I up mine eyes, O Thou that dwelleth in the heavens. Behold, as the eyes of the servant look upon the hands of their masters, and as the eyes of a maiden unto the hand of her mistress, so our eyes wait upon the Lord our God until that He have mercy upon us. Have mercy upon us, O Lord, have mercy upon us; for we are exceedingly filled with contempt. Our soul is exceedingly filled with the scorning of those that are at ease, and with the contempt of the proud.

THE ABOVE, OR THE CHARM IN LESSON XLV., IS SAID TO CAUSE A MASTER OR A MISTRESS TO FALL DESPERATELY IN LOVE WITH THEIR SERVANTS, AND IN TIME BECOME THEIR SERVANT'S SERVANT.

A Charm to Cause Sickly Children to be Healthy.

LESSON XLVII.

PSALM (CHARM) 125.—It is said that if your children are weak and sickly, you should write this Psalm on parchment and hang it over them, and repeat the prayer three times. This is said to be very powerful, and will protect them from all accidents and harm. THE CHARM IS AS FOLLOWS:

When the Lord turned again the captivity of Sion, we were like them that dream, then with our mouth filled with laughter, and our tongue with singing: then said they among the heathen, The Lord hath done great things for them. The Lord hath done great things for us: whereof we are glad. Turn again our captivity, O Lord, as the streams in the south. They that sow in tears, shall reap in joy. He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing, bringing his sheave with him. IF YOU HAVE BEEN UNFORTUNATE IN RAISING YOUR CHILDREN, AND SHOULD YOUR WIFE BECOME WITH CHILD IN THE FUTURE, IT IS SAID IF THE ABOVE CHARM BE MADE UP INTO FOUR AMULETS AND PLACED IN THE FOUR CORNERS OF YOUR HOUSE, SHE WILL HAVE A SAFE DELIVERY, AND THE CHILD WILL POSITIVELY LIVE AND BECOME A WONDERFUL CHILD. YOU SHOULD ADD TO THE LAST LINE OF EACH AMULET THE NAMES OF THE FOLLOWING ANGELS: SINUI, SINSUNI, SEMANGLAF.

A Charm to Hang About the Neck of a New Born Son.

LESSON XLVIII.

PSALM (CHARM) 127.—It is said to write this Psalm upon pure parchment, place the amulet into a clean bag, and hang it about the neck of a new-born son immediately after birth, and no evil will ever befall him afterwards. THE CHARM IS AS FOLLOWS:

Except the Lord built the house, they labor in vain that built it: except the Lord keep the city, the watchman waketh but in vain. It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; for so He giveth His beloved sleep. Lo, children are a heritage of the Lord: and the fruit of the womb is His reward. As arrows are in the hand of a mighty man: so are children of the youth. Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate.

A Charm to Cause Woman to be Successful in Confinement.

LESSON XLIX.

PSALM (CHARM) 128.—Write this Psalm upon clean parchment, and hang it upon a pregnant woman, when she and the fruit of her body will always be secure from unlucky accidents, and she will have a fortunate confinement. THE CHARM IS AS FOLLOWS:

Blessed is everyone that feareth the Lord, that walketh in His ways, for thou shalt eat the labor of thine hands: happy shalt thou be, and it shall be well with thee. Thy wife shall be as a fruitful vine by the sides of thine house: thy children like olive plants roundabout thy table. Behold, that thus shall the man be blessed that fearest the Lord. The Lord shall bless thee out of Zion: and thou shalt see the good of Jerusalem all the days of thy life. Yea, thou shalt see thy children's children, and peace upon Israel.

A Charm to Gain Love and Friendship.

LESSON L.

PSALM (CHARM) 133.—Whosoever prays this Psalm daily will not only retain the love and friendship of friends, but will also gain many more friends. It is also a wonderful charm to cause a MAN TO BE SUCCESSFUL IN SELLING HIS MERCHANDISE. THE CHARM IS AS FOLLOWS:

Behold, how good and how pleasant it is for brethren to dwell together in unity! It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard; that went down to the skirts of his garments: as the dew of HERMON, and as the dew that descended upon the mountains of Zion: for there the Lord commanded the Blessing, even life forevermore.

A Charm Helping a Student When Entering College.

LESSON LI.

PSALM (CHARM) 134.—This very short Psalm, consisting of only three verses, should be repeated by every learned man, and especially by every student before entering a college. It is also said to be a wonderful Charm to wear when taking an examination. THE CHARM IS AS FOLLOWS:

Behold, Bless Ye The Lord, All Ye Servants Of The Lord, Which By Night Stand In The House Of The Lord. Lift Up Your Hands In The Sanctuary, And Bless The Lord. The Lord That Maketh Heaven And Earth, Bless Thee Out Of Zion.

A Charm to Cure an Unnatural Disease.

LESSON LII.

It is said if a person is suffering with an unnatural disease, such as a terrible pain in the head, and can find no relief, the following Charm will cause a sure cure: Take nine strands of hair from the crown of the head of the sufferer, and go out into a woods before sunrise, dig down under the root of an oak tree, split the root, and place the hair side by side, lengthwise, into the root, then cover it with earth, and afterwards pray the following.

O Lord, my God, I pray thee to take the pain from R., son of W., and cast it into the strength of thine oak. And as the oak groweth, may the pain cease forever and forever. Amen.

It is further stated that a portion of the tree, such as the bark, should be brought to the sufferer, and he should make a tea from the bark—that is to say, the inside of the bark—and drink the tea for nine mornings, repeating these words: O Oak, thou hast mine affliction; I have the strength of thine cover. I pray unto the Lord that thou may grow and wax strong with all that thou hast of mine, and I may be cured of my affliction of what I have of thine. Amen.

A Charm to Prevent Witchcraft.

LESSON LIII.

It is said if a person wishes to be guarded against evil or witchcraft, the following is an excellent remedy. But it is first understood that a prayer must be offered to God in behalf of the one who is to wear the Charm.

TAKE NINE DROPS OF BLOOD FROM THE TAIL OF A BLACK CAT ON THE FIRST QUARTER OF THE MOON, and the breast bone taken from a crow on the full of the moon, and the fork taken from the back of a frog on the last quarter of the moon, the shed of a black snake, the roots known as Adam and Eve, and also nine strands of hair taken from the tail of a white mule, place them all into a bag made for the purpose, and to be worn around the body, will prevent the wearer having future trouble.

The following prayer is to be offered daily for nine days by the one who wears the said Charm:

O Lord, I ask Thee to look down upon me with tender mercy, and grant, most merciful God, for His sake who died upon the Cross, that I may be relieved from the noisome pestilences that cometh nigh unto me; and grant, O most Heavenly Father, that Thou wilt forgive me of all my sin, and that I may be drawn closer unto Thee. Forgive those, O Lord, that trespass against Thee. Help me, O Lord, I cry unto Thee, for vain is the help of man; protect me, I pray Thee, from all that is evil, and lead me from all temptations, and forgive those who are tempted unto evil. And as it is said of all the birds, beasts and herbs, and even the remote insect is for the use of man, of these things have I used for mine protection. I ask of Thee for Thy protection. Amen.

A Wonderful Charm of Mysteries.

Made and Worn to Prevent all Evil Influences at Home or Abroad.

LESSON LIV.

A TRULY MYSTERIOUS WONDER-WORKING FORMULA is contributed by the celebrated Kabbalist, Raf Amram, which is said to possess the especial virtue to protect and defend him who, after the morning prayer, prays it, with proper reverence during the hour of midday, whether at home or abroad, from all evil power or accidents, from robbery, murder, and injury by guns or other weapons. No man will be able to attack him or to injure him, and no gun can harm him. THIS WONDERFUL CHARM IS AS FOLLOWS:

See and know: that I am He! I am He, and besides Me there is no other God. I am He who can kill and make alive; I wound, and I am He that can heal, and no one can escape My hand of power. For I stretch My hand toward heaven (that is, I swear by heaven), and say: I am He that liveth forever.

Animon, Animon, Alimon, Rirytip, Taftain! The Lord can and will watch and keep. Amen. After a man has uttered this three times in succession, and with it has kept in mind the three names of angels added thereto, he should say the following:

Happy art Thy people, O God, who is like unto Thee: a people whose help is Jehovah. He is the breastplate of Thy help and the strong sword of Thy pride. The enemies will deny themselves before Thee (that is, will hide themselves or retreat from Thee), but Thou wilt stand in their high places. Lord of the earth, let it be agreeable to Thy holy will to command Thy angels to protect me and defend me in all my ways. Amen.

An Amulet to Make Your Master Become Your Servant.

LESSON LV.

VAU (AMULET).—It is said if you speak the following verses over water, and give it to your master to drink, he will then be submissive to you, and your power over him will become easy and agreeable. He will then serve you willingly. The verses are as follows:

Let Thy mercy come also unto me, O Lord, even Thy salvation, according to Thy word. So shall I have herewith to answer him that reproacheth me: for I trust in Thy word. And take not the truth utterly out of my mouth; for I have hoped in Thy judgments. So shall I keep Thy law continually forever and ever. And I will now walk at liberty; for I seek Thy respects. I will speak of Thy testimonies also before kings, and wilt not be ashamed. And I will delight myself in Thy commandments, which I have loved. My hands wilt I also lift up also unto Thy commandments, which I have loved; and I will meditate in Thy statutes.

This is also said to be an excellent CHARM OF POWER, to be written at midday, and worn continually.

A Charm to Cure an Evil Affliction of the Eyes.

LESSON LVI.

GIMEL (AMULET).—It is said if the following words be prayed seven times in succession, and then written on parchment and placed upon a person who is afflicted with an evil of the eyes, they will be restored. This must be done with pure faith in the omnipotence of God. THE WORDS ARE AS FOLLOWS:

Deal bountifully with Thy servant, that I may live and keep Thy word. Open THOU MINE EYES, that I may behold wondrous things out of Thy law. I am a stranger in the earth; hide not Thy commandments from me. My soul breaketh for the longing that it hath unto Thy judgment at all times. Thou hast rebuked the proud that are cursed, which do err, from Thy commandments. Remove from me reproach and contempt; for I have kept Thy testimonies. Princes did also sit and speak against me: but Thy servants did meditate in Thy statutes. Thy testimonies also are my delight, and my counsellors.

Charm to Cure Kidney and Liver Complaint.

LESSON LVII.

TETH.—The division of the letter, if spoken seven times, is an easy, quick and tried remedy to cure the severest case of kidney or liver complaint or to take away pain in the hips. Pronounce these words properly, specially and reverently over the sick person, and he will become convalescent. THE WORDS ARE AS FOLLOWS:

Thou hast dealt well with Thy servant, Lord, according unto Thy word. Teach me good judgment and knowledge, for I have believed Thy commandments. Before I was afflicted I went astray: but now have I kept Thy word. Thou art good and doest good: teach me Thy statutes. The proud have forged a lie against me: but I will keep Thy respects with my whole heart. Their hearts are as fat as grease: but I delight in Thy law. It is good for me that I have been afflicted: that I might learn Thy statutes. The law of Thy mouth is better unto me than thousands of gold and silver.

Charm to Cure Wasting Disease—Spell.

LESSON LVIII.

PSALM (CHARM) 89.—It is said that if one of your own family or dear friends wastes away so rapidly, in consequence of a severe illness, so that they are already nearly helpless and useless, speak the Psalm over olive oil, and pour the oil over the wool that has been shorn from a wether or a lamb, and with it anoint the body and limbs of the patient, and he will speedily recover. It is also said if your friend is under arrest, and you desire his liberation, go into an open field, raise your eyes toward heaven, and repeat this Psalm, with a prayer suited to the circumstances, which should be uttered in full confidence in God. It is also said to be wonderful as a SEAL to be written and placed in the house of the sufferer. THE CHARM IS WRITTEN AS FOLLOWS:

I will sing of the mercies of the Lord forever: with my mouth will I make known Thy faithfulness to all generations. For I have said, Mercy shall be built up forever: Thy faithfulness shall be established in the very heavens. I have made a covenant with my chosen, I have sworn unto David my servant, Thy seed will I establish forever, and build up thy throne to all generations. Selah! And the heavens shall praise thy wonders, O Lord; thy faithfulness also in the congregation of the saints. For who in the heavens can be compared unto the Lord? Who among the sons of the mighty can be likened unto the Lord. God is greatly to be feared in the assembly of the saints, and to be had in reverence of all them that are about him. O Lord, God of host, Who is a strong Lord like unto Thee? Or to thy faithfulness around and about Him? Thou rulest the raging of the sea; when the waves thereof arise, thou stillest them. Thou hast broken Rahab in pieces, as one that is slain; Thou hast scattered Thine enemies with Thy strong arm. The heavens are Thine, the earth is also Thine. As for the world and the fullness thereof, Thou hast founded them. The North and the South Thou hast created them. Tabor and Hermon shall rejoice in Thy name. Thou hast a mighty arm; strong is Thy hand, and high is Thy right hand. Justice and judgment are the habitations of Thy throne; mercy and truth shall go before Thy face. Blessed are the people that know the joyful sound; they shall walk, O Lord, in the light of Thy countenance. In Thy name shall they rejoice all the day; in

Thy righteousness shall they be exalted. For Thou art the glory of their strength, and in Thy favor our horn shall be exalted. For the Lord is our defense, and the Holy One of Israel is our King. Then Thou speakest in vision, too, Thy Holy One, and saidst I have laid help upon one that is mighty; I have exalted one chosen out of the people. I have found David, my servant; with my holy oil I have anointed him with whom my hands shall be established; mine arm I shall also strengthen him. The enemy shall not exact upon him; nor the son of wickedness afflict him. And I will beat down his foes before his face, and plague them that hate him. But my faithfulness and mercy shall be with him, and in my name shall his horn be exalted. I shall set his hand into the sea, and his right hand into the river. He shall cry unto me, Thou art my Father, My God, and the Rock of my salvation! Also I will make him my first born, higher than the kings of the earth. My mercy will I keep for him forevermore, and my covenant shall stand fast with him. His seed also will I make to endure forever, and his throne as the days of heaven. If his children forsake my law, and walk not in my judgments; if they break my statutes, and keep not my commandments, then will I visit their transgressors with a rod, and their iniquity with stripes. Nevertheless, my loving kindness will I not utterly take from him, nor suffer my faithfulness to fail. My covenant will I not break nor alter the things that have gone out of my lips. Once have I sworn by my holiness that I will not lie unto David. His seed shall endure forever, and his throne as the Sun before me. It shall be established forever, as the moon, and as a faithful witness in heaven. SELAH. But thou hast cast off and abhorred; thou hast been wroth with thine anointed. Thou hast made a covenant of thy servant; thou hast profaned his Crown by casting it to the ground. Thou hast broken all his hedges; thou hast brought his strongholds to ruin. All that pass by the way spoil him; he is a reproach to his neighbors. Thou hast set up the right hand of his adversaries; thou hast made all his enemies to rejoice. Thou hast also turned the edge of the sword, and hast not made him to stand in the battle. Thou hast made his glory to cease, and cast his throne down to the ground. The days of his youth hast thou shortened. Thou hast covered him with shame. SELAH. How long, Lord, wilt Thou hide Thyself forever? Shall Thy wrath burn like fire? Remember how short my time is; wherefore hast thou made all men in vain? What man is that liveth and shall not see death? Shall he deliver his soul from the hands from the grave? SELAH. Lord, where are thy former loving kindnesses, which thou swearest unto David in thy truth? Remember, Lord, the approach of thy servants; how I do bear in my bosom the reproach of all the mighty people; wherewith thine enemies have reproached, O Lord! wherewith the footsteps of thine anointed. Blessed be the Lord forever. Amen and Amen.

Charm to Preserve Love Between Man and Wife.

LESSON LIX.

PSALM (SEAL) 140.—It is said, if this psalm be prayed with devotion will preserve true love between man and wife. After it is prayed it should be written as a seal and placed in the bed where the man sleepeth. The seal is written as follows:

Deliver me, O Lord, from the evil man; preserve me from the violent man; which imagine mischief in their hearts; continually are they gathered together for war. They have sharpened their tongues like a serpent; adder's poison is under their lips. SELAH. Keep me, O Lord, from the hands of the wicked; preserve me from the violent man; who have purposed to overthrow my going.

The proud have hid a snare for me, and cords; they have spread a net by the wayside; they have set gins for me. SELAH. I said unto the Lord, thou art my God; hear the voice of my supplication, O Lord. O God, the Lord, the strength of my salvation, thou hast covered my head in time of battle. Grant not, O Lord, the desire of the wicked; further not his wicked device, lest they exalt themselves. SELAH. As for the head of those that compass me about, let the mischief of their lips cover them. Let burning coals fall upon them; let them be cast into the fire; into deep pits, that they rise not up again. Let not an evil speaker be established in the earth; evil shall hunt the violent man to overthrow him. I know that the Lord will maintain the cause of the afflicted, and the right of the poor. Surely the righteousness unto thy name; the upright shall dwell in thy presence.

A Charm to Cause a Farmer's Stock and Crop to Grow and Prosper.

LESSON LX.

PSALM (SEAL) 104.—The Holy name of this Charm consists of two letters, taken together from the names, ADONAI (LORD), and JEHOVAH, namely, AHA, which he found in this Psalm. In the words JISZRAOEL, JEHUDA. If you desire success in your trade or business, or on your farm, with your stock and crops, write this psalm with its appropriate Holy Names. Upon CLEAN PARCHMENT, carry it about your person constantly, in a small bag, prepared especially for this purpose. It is also said to write four of the same kind and bury one at each corner of your farm, all will be successful for the coming year.

THE CHARM IS WRITTEN AS FOLLOWS: Bless the Lord, O my soul. O Lord, My God, thou art very great; thou art clothed with honor and majesty; who coverest thyself with light as with the garment; who stretchest out the heavens like a curtain; who layeth the beams of his chambers in the waters; who maketh the clouds his chariot; who walketh upon the wings of the wind; who maketh his angels, SPIRITS; his ministers a flame of fire; who laid the foundations of the earth, that it should not be removed forever. Thou coveredst it with the deep as with a garment; the waters stood above the mountains; at thy rebuke they fled; at thy voice they hasted away. They go by the mountains; they go down by the valleys unto the place which thou hast founded for them. Thou has set a bound that they may not pass over; that they turn not again to cover the earth. He sendeth the springs into the valleys which run among the hills. They give drink to every beast of the field; the wild asses quench their thirst. By them shall the fowls of heaven have their habitation, which sing among the branches. He watereth the hills from his chambers; the earth is satisfied with the fruit of thy work. He causeth the grass to grow for the cattle, and herbs for the servants of man; that he may bring forth food out of the earth; and wine that maketh glad the heart of man, and oil to make his face to shine; and bread that strengtheneth the man's heart. ✓ The trees of the Lord are full of sap; the cedars of Lebanon which he hath planted, where the birds make their nests, as for the Stork, the fir trees are her house. The high hills are the refuge for the wild goats; and the rocks for the Conies. He appointed the MOON for SEASONS; the Sun showeth his going down. Thou maketh darkness, and it is night, wherein all of the beasts of the forest do creep forth. The young lions roar after their prey, and seek their meat from God. The Sun ariseth; they gather themselves together, and lay down in their dens. Man goeth forth unto his work, and to his labor

until the evening. O Lord! how manifold are Thy works! In wisdom Thou hast made them all. The earth is full of riches; so is this great and wide sea, wherein are things creeping innumerable, both small and great beast. There go the ships. There is that LEVITHAN, whom thou hast made to play therein. These wait all upon Thee, that Thou mayest give them their meat in due season. That Thou givest them they gather. Thou openest Thy hand; they are filled with good. Thou hidest Thy face, they are troubled. Thou takest away their breath, and they die, and return to their dust. Thou sendest forth their SPIRIT, they are created, and Thou renewest the face of the earth. The glory of the Lord shall endure forever. The Lord shall rejoice in His works; He looketh on the earth, and it trembleth. He toucheth the hills, and they smoke. I will sing unto the Lord as long as I live. I will sing praises to my God while I have my being. My meditations of Him shall be sweet. I will be glad in the Lord. Let the sinners be consumed out of the earth, and let the wicked be no more. Bless Thou the Lord, O my soul! Praise ye the Lord!

THIS CHARM, NUMBER 104, IS ALSO SAID TO BE A WONDERFUL SEAL TO BE WRITTEN AND PLACED ABOARD OF SHIPS, AS IT WILL ENABLE THEM TO CROSS THE MIGHTY OCEANS IN TIME OF GREAT STORMS WITHOUT FEAR. THIS WORK IS SAID TO BE INDEED VERY POWERFUL, AND WILL PROVE AT ALL TIMES WONDERFUL.

NOTE.—ANY PERSON WHO POSSESSES A CAUL TAKEN FROM THE FACE OF A NEW-BORN BABY CAN PERFORM WONDERFUL MIRACLES. AND WE ADVISE EACH STUDENT TO PROCURE ONE BY ALL MEANS. FOR FURTHER PARTICULARS WRITE TO US. WE HAVE PURCHASED MANY OF THEM, REGARDLESS OF COST TO US.

Laws of Natural Magic.

LESSON LXI.

MAGIC IS A KNOWLEDGE of how to employ spiritual power; but it is self-evident that nobody can employ any spiritual powers unless he has come into their possession by the awakening of his own spirituality; nor can anyone become spiritual by merely imagining himself to be so. It is therefore not surprising that in an age in which the very meaning of the term “spiritual” became incomprehensible to the learned, the meaning of “MAGIC” has become also a mystery. Magic and Sorcery are two entirely different things, and there is as much difference between them as there is between light and darkness, and between white and black. Magic is the greatest wisdom and the knowledge of supernatural powers.

THE WORD “SUPERNATURAL,” as used by the writer, does not imply anything beyond nature as a whole, because nothing exists beyond the ALL, but it means that which transcends Nature in her lower aspect, or a higher or spiritual aspect of Nature than the purely mechanical and physiological part of her work. If, for instance, we follow our instincts we are naturally, that is to say, according to the demands of our animal nature, but if we resist natural impulses by the power of will and reason, we employ powers belonging to the higher order of Nature. If we avoid doing evil on the account of the evil consequences which it would cause to ourselves, we act naturally; but if we avoid evil on account of inherent love for the good, we act in the wisdom of God. A knowledge of spiritual things cannot be obtained by merely reasoning logically from external appearances exist-

ing on the physical PLANE, but it may be acquired by obtaining more spiritually, and making one's self capable to feel and see the things of the Spirit. Nothing can come out of the mind except that which is drawn to it, and that which is drawn into it may come out.

If a pregnant woman craves for strawberries, the image of strawberries will be drawn into her mind, and her imagination may impress a mark resembling a strawberry upon the child.

Frogs do not grow in the sky, and if (as it happened) a multitude of frogs came down from it during a rain, these frogs must have been drawn up before they came down.

THE IMAGINATION OF WOMEN is usually stronger than that of men. They are more passionate, stronger in love, and stronger in hate, and their imagination may carry them during their sleep to other places, where they may be seen by others who are in the same state. They are then really at those places, and may remember what they have seen, although they were there without their physical bodies, for their minds were active at such places, and the mind is the real person, not the body, that is asleep.

IF A PREGNANT WOMAN FORMS AN IMAGE IN HER MIND, AND PROJECTS IT BY HER DESIRE, IT WILL IMPRESS ITSELF ON THE BODY OF THE CHILD. If, for instance, a woman in her imagination conceives of a certain thing strongly, then puts her hand on her knee, the image of the thing will appear upon the child. (Birthmark).

Her will (although unconsciously) acts in this way like a master bidding a painter to paint an image; wherever the touch of the hand goes there will be the image.

IF A PERSON DIES, and seriously desires that another person should die with him, his imagination may create a force that may draw a menstrum (vehicle) from the dead body to form a corpus, and it may be projected by the impulse given by the thought of the dying person towards the other, and the other one may die. (SUCH MAY BE, ESPECIALLY IF A WOMAN DIES OF PUERPERAL FEVER).

NOTE.—It is well known that corpses of women having died of PUERPERAL fevers are very infectious, and dissecting wounds received in such cases are especially dangerous. The passage implies that the invisible mind substance (SPIRIT OR OCCULT FORCE) may draw contagion from the poisonous body, and spread it by the power of an evil will.

IF SUCH A WOMAN WISHES that the whole world should die with her, an epidemic may be the consequence of her poisonous imagination.

Fear, terror, passion, desire, joy and envy are six states of the mind which especially rule the imagination, and consequently the world of man; AND AS THE MIND OF MAN is the microscopic counterpart of the universal mind, the antitypes of these states are also active in the imagination of the world, and the thoughts of man act upon the latter as the latter acts upon him.

It is therefore desirable that we should be able to feel the truth with our SOULS, without reasoning about it from an objective standpoint.

WE SHOULD REALIZE THE TRUTH by being one with it, and not examine it as if it were something strange and separate from ourselves.

MAN IS A TWO-FOLD BEING, and acts as divine beings should act; then he is a true man. If he feels and acts like an animal, he is then an animal, and the equal of those animals whose mental characteristics are manifested in him.

AN EXALTED IMAGINATION caused by the desire for good raises him up. A low imagination caused by a desire for that which is low and vulgar drags him down and degrades him.

THE SPIRIT IS THE MASTER, imagination the tool, and the body the plastic material.

IMAGINATION IS THE POWER by which the will forms sidereal entities out of thoughts. Imagination is not fancy, which latter is the cornerstone of superstition and foolishness. The imagination of man becomes pregnant through desire of, and gives birth to deeds.

Everyone may regulate and educate his imagination so as to come thereby into contact with spirits, and be taught by them.

SPIRITS DESIRING TO ACT UPON MAN act upon his imagination, and they therefore often make use of his dreams for the purpose of acting upon him, as previously stated in the foregoing courses of instructions.

DURING SLEEP THE SIDEREAL MAN may, by the power of imagination, be sent out of the physical form at a distance to act for some purpose. No place is too far for the imagination to go, and the imagination of one man may impress that of another, wherever it reaches.

IMAGINATION IS THE BEGINNING OF THE CORPUS of a form, and it guides the process of its growth.

THE WILL IS A DISSOLVING POWER, which enables the body to become impregnated by the "tinctura" of the imagination.

He who wants to know how man can unite his power of imagination with the power of the imagination of heaven, must know by what process that may be done.

A man comes into possession of creative power by uniting his own mind with the Universal Mind, and he who succeeds in doing so will be in possession of the highest possible wisdom. The lower realms of Nature will be subject to him, and the power of Heaven will aid him, because Heaven is the servant of wisdom.

NOTE.—This, however, by exercising his own self will, it is accomplished by the Divine will in him, to which he must surrender himself.

Before man is born, and afterwards, his soul is not perfect, but it may be perfected by the power of will.

SPIRITS ARE ESSENTIAL, VISIBLE, TANGIBLE AND SENSITIVE IN RELATION WITH OTHER SPIRITS.

NOTE.—The term "spirit" refers here to intelligent souls.

They stand in similar relation to each other as physical bodies to other physical bodies. Spirits speak with each other through the will, but not through audible speech.

While the body is asleep the soul may go to a distant place, and act intelligently at such place.

NOTE.—It may happen that the spirit of a person will go to a distant place while the body is asleep, and act intelligently there, and that the man, after awakening from his sleep, remembered nothing about it.

BUT AN ADEPT, in whom spiritual consciousness in his normal state, may do so knowingly and

consciously, and remember all about it after his spirit returns to his body. If it meets another spirit, whether it be an incarnated or a disincarnated one, they may act upon each other as two humans act if they meet.

ONE MAY COMMUNICATE HIS THOUGHTS to another with whom he is in sympathy at any distance, however great it may be, or he may act upon the spirit of another person in such a manner as to influence his actions after the body of the latter awakens from his sleep, and in this way he may even injure the health of the latter, and upon this law of Nature is based the possibility of Witchcraft and Sorcery.

THE EXERCISE OF TRUE MAGIC does not require any ceremonies or conjurations, or the making of circles or signs; it requires neither benedictions nor maledictions in words; neither verbal blessings nor curses; it only requires a strong faith in the Omnipotent Power of All Good, that can accomplish everything if it acts through a human mind which is in harmony with it, and without which nothing useful can be accomplished.

TRUE MAGIC POWER CONSISTS OF TRUE FAITH, BUT TRUE FAITH RESTS IN SPIRITUAL KNOWLEDGE, AND WITHOUT THAT KIND OF KNOWLEDGE THERE CAN BE NO FAITH.

THE GOOD, AS WELL AS THE EVIL-DISPOSED ONES, CAN ONLY BE STRONG THROUGH FAITH. THERE IS ONLY ONE POWER OF FAITH, BUT ITS APPLICATION MAY BE FOR GOOD OR EVIL.

Black Art.

LESSON LXII.

FAITH LEADS TO WITCHCRAFT.—How can there be any faith in a man who has not a true faith in him? The Godless do not believe in faith, because they have none of it, even if they continually talk about it.

Where can we find a theologian who drove out an evil spirit, or made a spirit come, or who healed the sick by the power of God's will, not to mention the fact that no clergyman ever removed a mountain by means of his faith, or threw it into the ocean?

BUT IF SOMEONE PRODUCES A SIGN, BE IT GOOD OR EVIL, they denounce him, and call him a sorcerer; for they are not capable of distinguishing between witchcraft and sorceries, by which means one person may injure another without running any risk of discovery, because he may kill or injure his enemy without going near him, and the latter cannot defend himself as he might if he were attacked by a visible foe.

GREAT CARE SHOULD BE TAKEN THAT THE POWERS OF FAITH ARE NOT MISUSED. BECAUSE IN SUCH A CASE IT WOULD BE WITCHCRAFT.

The witches (they are now called "Hypnotists") are the most dangerous persons in the world, if they use their evil will against anybody.

It would be very easy to give instructions so that everyone might convince himself of the truth of these statements, but such instructions might be misused by wicked persons who might employ

such knowledge for evil purposes; and it is, moreover, not to be regretted if methods by which one man may injure another should not be publicly known.

But there are certain things which ought to be known to physicians, so that they may learn the cause of certain mysterious diseases, and know the means to cure them, and to counteract evil influences by the power of good.

We have previously stated that there are, for instance, some sorcerers who make an image representing the person whom they desire to injure, and they drive a nail into the foot of that image, and evil will and malicious thought cause the person whom the image represents to experience a great pain in the foot, and to be unable to walk until the nail is removed from the image.

Now, if a physician meets with such a case he does not know the cause of such a pain in the foot of his patient, and he will not be able to cure it; but if he knows the cause, he may employ the power of his soul to counteract the evil that has been caused by a similar power.

Thus it has happened that frogs, snakes, scorpions, etc., have been taken out of the bodies of patients, and were followed by other things of a similar character, and that such a state of affairs continue for many weeks or months, and the physician stood there helpless, and did not know what to do. They have given every known remedy, and held consultations over the patient, and pronounced the case mysterious, and yet, of their ignorance of such existing circumstances, failed to cure the patient. (Many ignore these wonderful statements for want of knowledge).

BUT IF THEY HAD BETTER UNDERSTOOD their business they would have known that these things had been brought into the body of a patient by the power of evil imagination of a sorcerer, and they might have put one of the extracted articles into an elder or an oak tree, on the side directed—towards the rising SUN—and that article could have acted like a magnet to attract the evil influence, and it would have cured the patient.

NO MAN CAN REALIZE THE PRECIOUS VALUE OF THESE SEVEN BOOKS UNTIL HE HAS THEM IN HIS HOME CONSTANTLY.

THERE ARE HOLY WRITINGS IN THESE GRAND COURSES WHICH WILL POSITIVELY PREVENT ALL EVIL FROM COMING NIGH THEE OR THINE.

How Some Persons are Afflicted by Mirrors and Images.

THROUGH THE MEANS OF WITCHCRAFT (Black Art).

IT IS SAID THAT THE WITCHES and evil sorcerers are known to use certain invisible and poisonous elements, taken from spiders, toads and other villainous creatures, and use them in combination with the menstrual blood for evil purposes; but it is not advisable to publish the secret how it is done.

I will, however, say that sometimes they make an image of a person in wax, and tie a rag soiled with menstrual blood around it, and add the MUMIA of the carcass of some animal—preferring one

of an animal that has died of an ulcer—and by using their evil imagination they throw the evil upon the person whom the evil represents. And in this manner they may poison his blood and cause him to die.

NOTE.—POISONOUS AND MALICIOUS ANIMALS are forms of life in which an evil quality of the will in nature has been manifest.

They sometimes take a mirror in a wooden frame and put it into a tub of water, so that it will swim on the top with its face direct toward the sky. On the top of the mirror, and encircling the glass, they lay a wreath of poison OAK, and thus they expose it to the influence of the new moon; and this evil influence is thrown toward the new moon, and, radiating again from the moon, it may bring evil to those who have to look at the moon.

THE RAYS OF THE MOON, passing through that moon upon the mirror, becomes poison, and poisons the mirror; and the mirror throws back ether to the atmosphere, and the moon and mirror poison each other in the same manner as do malicious persons, by looking at each other, poison each other's souls with their eyes.

IF A MIRROR IS STRONGLY POISONED in this manner the witch takes good care of it; and if she desires to injure someone, she takes a waxen image made in his name, and she surrounds it with a cloth spotted with menstrual blood, and throws the reflects of the mirror, through the opening in the middle, upon the head of the figure, or upon some other part of the body, using at the same time her evil imagination and curses, and the man whom the image represents may then have his vitality dried up and his blood poisoned by that evil influence, and he may become diseased and his body covered with boils. Such is the "pestic perticularis," which may be known if it afflicts a man who has not been near any other persons or places from which he may have caught the disease.

BUT IF A WITCH DESIRES TO POISON A MAN WITH HER EYES, SHE WILL GO TO A PLACE WHERE SHE EXPECTS TO MEET HIM. WHEN HE APPROACHES SHE WILL LOOK INTO THE POISONED MIRROR, AND THEN AFTER HIDING THIS MIRROR, LOOK INTO HIS EYES, and the influence of the poison passes from the mirror into her eyes, and from her eyes into the eyes of that person; but the witch may cure her own eyes by making a fire and staring into it, and then, taking the menstrual cloth, and after tying it around a stone, throw it into the fire; after the cloth is burned, she extinguishes the fire with her urine, and her eyes will be cured; but her enemy may become blind.

There are, moreover, certain substances used by witches and sorcerers which they may give to other persons in their food and drink, and by which they render these persons insane, and such an insanity may manifest itself in various ways.

Sometimes it renders men or women amorous, or it makes them quarrelsome; it may cause them to be very courageous and daring, or turn them into cowards.

SOME WILL FALL DEEPLY IN LOVE with the persons who administered to them philters; and it has happened that in this way masters and mistresses have fallen deeply in love with the servants who administered to them such things, and thus they become themselves the servants of their servants.

Even horses and cattle, and also dogs, have thus been brought under the influence of such spells. If women administer such things to men, the latter may fall so deeply in love with the former

as to be unable to think of anything else but them; and if men administer such things to women, the latter will continually think of them.

BUT THE THINGS WHICH SUCH PERSONS USE FOR SUCH PURPOSES ARE NOTHING ELSE BUT SUBSTANCES THAT HAVE BEEN LONG IN CONTACT IN THEIR OWN BODIES, AND WHICH CONTAINS A PART OF THEIR OWN VITALITY.

WOMEN ARE MORE SUCCESSFUL in such experiments, because they are more impulsive, more implacable in their revenge, and more inclined to envy and hate.

If they are fully absorbed in their imagination, they call into existence an active spirit that moves their imagination wherever they desire to go.

WOMEN HAVE A GREATER POWER OF IMAGINATION DURING THEIR DREAMS AND WHEN THEY ARE ALONE, AND THEY OUGHT, THEREFORE, NOT TO BE LEFT ALONE A GREAT DEAL, but ought to be amused; but if they are ill disposed, and harboring evil thoughts, they may, by their imagination, poison the food which they cook, or make it impure, without being themselves aware of it. Women who are occupied a great deal with their own imaginations, and who are unable to control them, should not be permitted to nurse and educate infants, because the impressions which their imaginations create may unconsciously impress itself, and act injuriously upon the minds of the latter.

The imagination is the cause that beings may be created out of the MUMIA Spiritualist, which may possess great power.

By the powers of imagination foreign bodies may be transferred invisibly into the bodies of human beings, in the same manner as if I take a stone in my hand and put it into a tub of water, and without withdrawing my hand I leave the stone in the water.

MENSTRUATING WITCHES, especially, dissolve (dematerialize) bodies by the power of their imagination. They make a figure of wax representing the person whom they wish to injure, and then tie a cloth spotted with menstrual blood around the neck of that figure, and attach, by means of a string drawn through the pulpypass of a crushed spider.

They then take a bow and arrow made of a certain kind of wood (HAZEL); they tie pieces of glass, or nails, or bristles, or anything else, to that arrow, and shoot into the waxen image; and in this way the articles, dissolved by their imagination, are by the power of Mumia, transmitted into the body of the sensitive person, and there they may be found in a corporal form.

A Charm to Cause a Man to Buy Your Goods, Also to be Successful in all Your Business Transactions. Said to be Powerful.

LESSON LXIII.

PSALM (CHARM) 114.—The Holy Name of this Charm consists of two letters taken from the name ADONIA LORD, and JEHOVAH. A. H. A. If you desire success in your trade or business, write this CHARM, with the appropriate Holy Name, upon clean parchment, and carry it about you all the time (around the neck). THE CHARM IS AS FOLLOWS:

When Israel went out of Egypt, the house of Jacob, from a people of strange languages, Judah was his sanctuary and Israel his dominion. The sea saw it, and fled: Jordan was driven back. The mountains skipped like rams, and the little hills like lambs. What ailed thee, O Thou Sea, that thou fledest? Thou Jordan, that thou was driven back? Ye mountains, that ye skipped like rams; and ye little hills, like lambs? Tremble, thou earth, at the presence of the Lord, at the presence of the God of Jacob; which turned the rock into a standing water and the flint into a fountain of water.

THIS MUST BE WRITTEN WITH THE HOLY NAME OF A. H. A., AND ALSO THE NAME OF GOD THE FATHER GOD THE SON AND GOD THE HOLY GHOST.

A Charm to Destroy Conjuraton Placed in Beds.

LESSON LXIV.

IT IS SAID THAT IF AN EVIL INFLUENCE is placed in a bed, it causes the person to suffer with unnatural diseases. Such things often happen, and if you have an occasion to believe that some evil person has caused the bed to be bewitched so as to prevent a person from sleeping upon it with peace, it is first advised that the beds and pillows be opened, and in case there are peculiar articles found therein, burn them by the means of a slow fire; afterwards take the ashes, and a portion of the urine from the person who has been tormented, and mix it with water, rye flour and pulverized dragon's blood (blood root), in such a manner as to form it into a mass; from this make thirteen pills, then on the next morning before sunrise go to a place where fishes are known to be plentiful; then throw the pills out into the water, when the fishes will swallow the pills, and the patient will at once be healed.

It is a known fact that persons are often tormented by the means of evil being placed in their beds. Thousands of persons are suffering to-day from just such causes. People have been known to go perfectly insane by sleeping upon bewitched beds. How often are persons attacked at night, while fast asleep, and experience the most excruciating punishment?

Many will say that such is only a nightmare, but that is due to the fact that they are ignorant of the laws of evil, and know of no other name for it. Should you suffer by such means, take the proper step at once, and you will avoid much future trouble. If you are led to believe that such an experience is a so-called nightmare, the prescribed remedy will do no harm.

LESSON LXIV IS WORTH TO THE STUDENT MORE THAN HE HAS PAID FOR THE ENTIRE COURSE. ALWAYS THINK OF THIS LESSON, AND USE IT, FOR IT MEANS MUCH.

Amulet for Miners, Said to Prevent Accidents.

LESSON LXV.

THIS WONDERFUL PRAYER SHOULD BE WRITTEN AND WORN BY MINERS TO PREVENT ACCIDENTS. IT IS ALSO SAID TO BE WONDERFUL IN CAUSING PERSONS TO GIVE YOU MONEY. THE PRAYER IS AS FOLLOWS:

Eternal God of All! Our God! Hear our voice; spare and have mercy upon us. Accept our prayer in mercy and with pleasure. I have sinned. I have committed transgressions. I have sinned before Thee; I have done that which is displeasing unto Thee here in the earth. For the sake of Thy great name, pardon me of all the sin and iniquities and transgressions which I have committed against Thee from my youth. Perfect against all the holy names which I have blemished, Great Champion, Terrible, Highest God, Eternal Lord, and God Sagoath.

This should be written and worn at all times.

Amulet Which Withstands Witchcraft and Renders the Wearer Thereof Renowned and Dreadful to His Enemies.

LESSON LXVI.

IT IS SAID THAT IF THE FOLLOWING prayer be written and worn it will cause all enemies to disappear, and no evil can enter it whatever. THE WORDING IS AS FOLLOWS:

THE LORD, the King of all kings, holy and praised is He. The Father God, Son of God, the Holy Spirit of God, are three in one among these three. In the power of Thy might and Thy right, release those that are bound; receive the prayer of Thy people, strengthening us; purify us, O Terrible Hero, us who worship Thy Holy Name. Protect them as the apple of Thine eye; bless them, cleanse them, repay them always in mercy and justice. Mighty, holy Lord, reward Thy congregation with Thy great goodness. Thou, the only and exalted God, appear unto Thy people with Thy holy name; receive and remember our prayer; harken unto our cry, Thou who knowest all secrets and who knowest our desire.

This writing is said to be very powerful, and should be written at midnight (12 o'clock).

A Wonderful Amulet to Prevent All Evil from Entering Your Household.

LESSON LXVII.

THIS WORK IS KNOWN AS A SEAL, and should be written on parchment and placed behind the door of your house (entrance), and it is said that no evil can possibly enter. It is also said to be a wonderful Amulet for good luck, prosperity and happiness. THE WRITING IS AS FOLLOWS:

O Lord, arise, that mine enemies may be destroyed, and that they may fly; that those who hate Thee may be scattered like smoke—drive them away. As wax melteth before the fire, so pass away all evil doers before God, for God has given Thee the kingdom. Pour out Thy wrath over them. Thy wrath seize them. Thou shalt stand upon leopards and adders, and Thou shalt subdue the lion and dragon. With God only can we do great things. He will bring them under our feet.

The Egyptian Letter Written and Worn for Good Luck.

LESSON LXVIII.

THIS LETTER SHOULD BE WRITTEN AT THE DARK OF THE MOON, and worn around the body, and it is said to be exceptionally powerful. THE WORDS ARE AS FOLLOWS:

Eternal God. Jehovah, Thou hast said: Ask, and it shall be given you. I pray that Thou mayest hear Thy servant Caspar, Melchior and Balthasar, the Arch-Priests of Thy fountain of LIGHT! I pray that Thou mayest bid Thy angels to purify me from all sin; that they may breathe upon me in love, and that they may cover me with the shadow of their wings. Send them down! This is my prayer in peace.

NOTE —If you desire success in any of these works, the following must be observed: First, keep God's commands as much as you possibly can. Second, build and trust solely upon the might and power of God. Believe firmly on His omnipotent help in your work and the spirits will become your servants, and will obey you. Love your neighbor as you love yourself. Do good for evil. And, above all things, be truthful. Never forget your duty toward your home and family.

NOTE.—If you have a loved one or a dear friend whom you desire to see rise in life, there is no better way than to present him with a set of these works, or advise him to get them. They bring happiness to all who possess them. No evil can befall anyone who keeps these valuable works in his home.

The Most Powerful Charm and Seal to Prevent All Evil Influences.

Positively the Greatest Charm or Seal Known. It Will Remove All Sickness, Afflictions and Troubles. This Wonderful Work Is Also Used By Many of the Christian Scientists in Curing Many Diseases.

LESSON LXIX.

PSALM 91.—The holy name of this Charm is EL. which means strong God. After speaking this Psalm over a person tormented by evil spirits, or one afflicted by an incurable disease, in the name of Eel-Schaddei, then pray humbly:

Let it be Thy holy pleasure, O my God, to take from N., son of R., the evil spirit by which he is tormented, for the sake of Thy great, mighty and holy name El-Schaddei. Wilt Thou presently send him health, and let him be perfectly restored? Hear his prayer, as Thou once did that of Thy servant Moses, when he prayed this Psalm. Let his prayer penetrate to Thee as once the Holy Incense arose to Thee on high. Amen. Selah!

Again, write this Psalm on clean parchment, and conceal it behind the door of your house, and you will be secure from all evil accidents. Remember, pure parchment must be used.

KABBALISTS ascribe to this Psalm, when taken in connection with the above verses, the most

wonderful virtue. When it is used in accordance with the nature of the existing circumstances, and when it is combined with other scriptural passages, holy names of angels, characters and prayers, it is said, for example:

Prayer through which all distress, danger and suffering may be turned aside.—If anyone should be in danger of his life, or become distressed, be it what it may, such as being attacked by an incurable disease, pestilence, fire, or water, overwhelmed by enemies or murderers, in battle, sieges, robberies, close imprisonment, etc., let him confess his sin before all, and then speak the Vihi Noam prayer (the name by which the 91st Psalm, aforesaid verse, is usually known) nine times, according to the number of the holiest names of God, Jehovah, Adonei. Each time, when he comes to the fourteenth verse, "Because He hath set His love upon me," etc., he shall keep in mind the holy name, and then pray devotedly each time: "Thou art the Most Holy King over all that is revealed and hidden, exalted above all that is high; sanctify and glorify Thy adorable name in this Thy world, so that all the nations of the earth may know that Thine is the glory and the power, and that Thou hast secured me from all distress, but especially out of the painful emergency (here the object of the prayer be distinctly stated), which has overtaken me, N., son of R. And I herewith promise and vow that I will now and ever after this, as long as I shall live upon the earth, and until I return to the dust from which I was taken. (Here the vow must be verbally stated, stating that we will do, perform or give in the service of our Creator. The vow may consist in fasting, giving alms, or in the daily reading chapters of the Holy Scriptures, Psalms, of the Sohar or of the Talmud, releasing of captives, nursing the sick and burying the dead.) "Praise be Jehovah, my rock and my salvation. Thou wilt be my representative and my intercessor, and wilt help me, for Thou helpest Thy poor, feeble and humble creature, and in time of need releasest from fear and danger, and dealest mercifully with Thy people; merciful and forgiving, Thou hearest the prayer of everyone. Praised art Thou, Jehovah, Thou hearest prayer." (The last word should be repeated seven times at each ending of the prayer.)

And now, whoever will punctually observe the foregoing instructions three days in succession, in full trust in the mighty help of God, he may rest assured of the assistance which he desires.

Kabbalists, and especially the celebrated Rabbi Isaac Loria, have assured us that in a time of pestilence or general emergency the Vihi Nom prayer should be prayed daily, connecting with it in the mind the figure of the spirit guide. **THE CHARM THAT IS TO BE WRITTEN AND WORN, OR TO BE PLACED BEHIND THE DOOR OF YOUR HOUSE, IS AS FOLLOWS.**

A Wonderful Seal.

LESSON LXX.

PSALM (SEAL OR CHARM) 91.—And let the beauty of the Lord our God be upon us; and establish Thou the work of our hands upon us; yea, the work of our hands establish Thou it. He that dwelleth in the secret places of the Most High shall abide under the shadow of the Almighty (3) I will say of the Lord, He is my refuge and my fortress: my God; in Him will I trust. (4) He Surely he will deliver thee from the snare of the fowler and from the noisome pestilence. (4) He will cover thee with his feathers, and under his wings shalt thou trust: His truth shall be thy shield

and buckler. (5) Thou shalt not be afraid by the terror by night; nor for the arrow that flieth by day. (6) Nor for the pestilence that walketh in the darkness; nor for the destruction that wasteth at noonday. (7) A thousand shall fall at thy side and ten thousand at thy right hand; but it shall not come nigh thee. (8) Only with thine eyes wilt thou behold and see the reward of the wicked. (9) Because thou hast made the Lord, which is my refuge, even the Most High, thy habitation; (10) There shall no evil befall thee, neither shall any plague come nigh thy dwelling. (11) For He shall give His angels charge over thee, to keep thee in all thy ways. (12) They shall bear thee up in their hands lest thou dash thy foot against a stone. (13) Thou shalt tread upon the lion and adder; the young lion and the dragon shalt thou trample under feet. (14) Because he hath set his love upon Me, therefore will I deliver him: I will set him on high, because he hath known my name. (15) He shall call upon Me, and I will answer him: I will be with him in trouble; I will deliver him, and honor him. (16) With long life will I satisfy him, and show him My salvation.

THE HOLY NAMES THAT GO WITH THIS WRITING ARE AS FOLLOWS:

VEAN, ALM, BICH, IBA, WICH, IKA, AAN, BANI, MII, TMOL, VEAL, KTAZ, LLU, MEHOH, LMI, BACHA, IM, RETAK, BETU, LIR, UMA, IMA, MIZ, MEHI, AKI, LAKAD, MILI, IBAK, RUL, LETA, -AFCHAM, PESCH, AAB, SCHIN, AKI, ACCHU, KUCK, VETAT, RAALCH JAUB, GOD THE FATHER, GOD THE SON, AND GOD THE HOLY GHOST.

THE ABOVE SHOLUD BE USED BY EACH STUDENT, BY ALL MEANS.

POWERFUL CHARMS MADE FROM MYSTERIOUS ROOTS, ETC.

It is said that if a person will mix powdered incense and dragon's blood together with sulphur flour, and sprinkle it around the house for nine mornings in succession, it will remove all evil influence and draw unto them luck and prosperity. It is further stated that if evil persons enter your house at any time, and you feel that they came for the purpose of wishing you evil or ill luck, this powder will remove the evil immediately.

It is further stated that if this mixture be sprinkled during the first quarter and full of the moon, it will bring good luck and happiness during the month that moon appeared.

THE CHARM KNOWN AS ADAM AND EVE.

It is stated that the roots known as ADAM and EVE is an excellent means of restoring lost love, reuniting the separated, and overthrowing all evil.

For instance, if two lovers, or man and wife, has separated, the ADAM and EVE will immediately restore them together and cause happiness to dwell with them. It is also stated that this same Charm can be used in order to separate two persons. If a HUSBAND or WIFE leaves their home and associates with the wife or husband of another, the ADAM and EVE can be used to separate the said persons. In order to perform this, it is necessary to take the roots (ADAM and EVE), name each of them after either the man or the woman, then place them in a stream of running water and afterwards tear them apart, and repeat the following words: What God hath joined

together, let no man put asunder. And as God didst not join thee, I put thee two asunder, ye workers of iniquity.

When reuniting the separated with the ADAM and EVE, it is necessary to name the male or female root whichever the case may be, after the person whom you desire to have drawn to you, and wear it about the person constantly, when the said person will return to you.

These wonderful and mysterious roots are found together—that is to say, they grow together, and represent a male and female. The larger root is the male. EVERY PERSON WHO HAS ANY DEALINGS WITH THE MAGICAL ARTS SHOULD, BY ALL MEANS, CARRY WITH THEM THIS WONDERFUL ARTICLE.

NOTE.—NO DOUBT SOME PERSONS WILL SAY, “OH, I HAVE NO FAITH IN THAT SORT OF THING;” BUT THE WRITER WILL SAY THERE ARE SOME PERSONS IN THE WORLD WHO DO NOT BELIEVE IN ANYTHING, AND THOSE WHO DO NOT GENERALLY ARE KEPT DOWN IN LIFE. THERE ARE MANY THINGS IN THIS LINE WHICH CAN BE USED TO A WONDERFUL ADVANTAGE IF PERSONS ONLY KNEW HOW TO USE THEM. THE WRITER BEGS TO STATE THAT HE HAS FURNISHED MANY OF THE MOST PROMINENT LADIES AND GENTLEMEN IN THIS COUNTRY WITH THE ADAM AND EVE, AND THERE ARE MANY WAYS TO USE THEM. WE WOULD NOT, BY ANY MEANS, BE WITHOUT THEM.

EXPERIMENTS FOR THOSE WHO DESIRE TO SEE SPIRITS.

IF THERE BE A DOUBTING THOMAS among you, the following experiment will surely drive away all future skepticism. But before writing the full particulars A WORD OF WARNING IS ADVISABLE. When performing the following experiment, it is advisable for the experimenter to use care and respect for the spiritual forces, or there may be great trouble to follow:

Take a piece of human flesh from any part of the body, preferably the heart; place it where it will become perfectly decayed (rotten) and impregnated with maggots. Take nine of the maggots, wash them carefully in warm water, then open them with a sharp instrument; take out the inner portions, leaving the skin. Place the skins on a plate by spreading them out. After they are thoroughly dry, by close observation you will find that the exact form of a human skeleton, especially the spine and ribs, will be seen to appear in the skin of the maggot. Now allow these skins to remain, or you may place them in a row. Then take the portion which was taken from the inside of the maggots, mix it with sulphur and incense, and burn it at midnight, and you will find that there will be as many spirits to appear in the room as you have maggot skins. Again I will warn you to be careful when performing the above experiment.

THE BONE OF A LITTLE FINGER TAKEN FROM A DEAD BODY.

IT IS SAID THAT THE BONE OF THE LITTLE FINGER TAKEN FROM THE BODY OF A PERSON AFTER DEATH will be the means of guarding the one who wears it from all evil. (It is understood that the two persons were friends when the spirit's body was in earth life.)

The writer wishes to state that he positively has the whole skeleton of his guide, and it can be seen at any and all times in his office, and he would not part with it for love or money. The spirit to whom the skeleton belongs is constantly working with the writer, and helps him to accomplish many wonderful things. The spirit also helped to write this full course of instructions. That is to say, instructed the writer in many of the wonderful sayings in this work.

THIS SET OF COURSES CONTAIN CHARMS, SEALS AND OTHER VALUABLE WRITINGS THAT WILL POSITIVELY BRING LUCK AND HAPPINESS TO ALL WHO POSSESS THEM, EVEN THOUGH THEY NEVER OPEN THE LEAVES OF THIS BOOK.

NO EVIL WILL EVER BEFALL THE PERSON WHO HAS A SET OF THESE WORKS IN HIS HOUSE.



MASSAGE

—AND—

The Swedish Movements.

SPECIAL.

This course of instructions in MASSAGE is written especially for our students, and we believe them to be the best of their kind ever prepared.

LESSON I.

THE WORD MASSAGE is a derivation from the Greek *massien*, or the French *masser*, which both mean to knead. A male operator is called a *masseur*; a female operator, *masseuse*.

MASSAGE is a scientific treatment, by certain passive systematic manipulations, upon the nude skin of the human body. The Swedish physicians were among the first to apply the massage treatment scientifically. Their method is at the present time being used throughout Europe. Massage is a scientific treatment based upon the anatomy and the physiology of the human body; the manipulation is given or fixed so that an uninstructed person cannot pick up the treatment. It is an art that cannot be self-acquired; all manipulations are passive—i. e., applied to the patient without his assistance or resistance; the manipulations are also systematic—i. e., they are arranged so as to act systematically upon the different tissues of the human body.

The massage treatment is divided into four principal manipulations, viz: 1. Effleurage. 2. Friction. 3. Petrissage. 4. Tapotement.

Effleurage, stroking manipulation, consists of centripetal (toward the body or heart) strokings. It is performed in four different ways: (a) Stroking with the palm of the hand. (b) Stroking with the palms of both hands. (c) Stroking with the thumb. (d) Stroking with the tips of the fingers.

NOTE.—Right here we feel it is necessary to call the student's attention to the difference of Magnetic Treatment and Massage Treatment. You will notice that in Magnetic Treatment you are taught to make the passes downward, and also to throw off the disease at the extremities of the parts of the body being operated upon. In giving the Massage Treatment you are taught to make the movements upward, using the palms of the hands, thumbs and fingers in such a manner as to produce what is known as rubbing, slapping, pinching, squeezing, stroking, etc., as will be fully explained in the following lessons.

LESSON II.

STROKING WITH ONE HAND is used upon the extremities, the back of the head, and in single massage of the neck. Stroking with both hands is used upon the lower extremities of adults, and upon the chest and back; also in double massage of the neck. Stroking with the thumb is used

between two muscles, or between a muscle and a tendon; also frequently to reach the interossei in the hands and feet. Stroking with the tips of the fingers, or the last two phalanges, is principally used around the joints (in cases of sprains, etc.), the fingers conforming themselves to the shape of the part to be worked upon.

The strength of the manipulation—stroking—there is from the slight touch to the strongest pressure; even with one hand on top of the other, if necessary. The aim of all stroking is to increase circulation in the venous blood vessels and the lymphatics, thereby causing absorption.

FRICTIONS (friction) are firm, circular manipulations, always followed by centripetal strokings. As a rule, they are performed over one group of muscles at a time. (a) **FRICTION WITH THE THUMB.** (b) **FRICTION WITH THE TIPS OF THE FINGERS.** (c) **FRICTION WITH THE ONE HAND.** The friction is produced by moving the parts of the hand as described upward, forming a continuance of circles, covering a space of not more than two inches of the parts being operated upon. That is to say, at each motion of the hand. Friction with the thumb is used upon the extremities; also upon smaller surfaces; as, for instance, around the knee joints and upon the facial muscles. Friction with the tips of the fingers is used around the joints, the thumb often supporting the hand. The circles are sometimes made as small as one inch. Friction with one hand is used upon the larger surfaces and fleshier parts, like the thigh, arm proper, and lumbar regions of the back. All frictions should be centripetal, and should always be followed by centripetal strokings, as the aim of this manipulation is to transform pathologically changed parts into a condition that will permit them to be incorporated into the healthy tissues, and thence be absorbed by the veins and lymphatics.

PETRISSAGE (Kneading).—This manipulation is performed in such a manner as to cause a double centripetal pressure on a tissue (muscle or tendon), at the same time raising it up from its normal point of attachment. There are three different kinds of petrissage: (a) Kneading with the two thumbs. (b) Kneading with the thumb and fingers. (c) Kneading with the two hands. Kneading with the two thumbs is used to reach individual muscles. Kneading with the thumb and fingers, which manipulation is called pinching, is also used to reach individual muscles, but is preferred on a deep-seated tissue. Kneading with both hands, called squeezing, is used upon the lower extremities, and upon the arm proper of adults. The aim of the manipulation kneading is in order to reach the separate muscles with a double pressure and to expose them to an action similar to that of friction.

TAPOTEMENT (Percussion).—This manipulation is always performed by the operator's wrist, the hand striking quickly. There are four different kinds of percussion: (a) Clapping or smacking performed with the palms of the hands. It is used to act upon the skin and the superficial nerves and vessels. (b) Hacking is done with the ulnar border of the hand. It is used around nerve centers and upon the muscles. (c) Punctuation is performed with the tips of the fingers, similar to drumming with the fingers. It is used upon the head and circles around the heart. (d) Beating is performed by the clinched hand. It is used upon the glutei and upon the lower extremities over the sciatic nerve.

Massage as a Therapeutic Art.

IS DIVIDED INTO INTRODUCTORY, GENERAL AND LOCAL.

LESSON III.

INTRODUCTORY MASSAGE.—In many affections it is necessary to commence the operation of massage with what has been termed introductory treatment. In the majority of cases of both acute and chronic affections of the joints it is well to apply the treatment to the neighborhood of the part, and especially above it. This is essential if the skin is abraded, or if a severe inflammation of the part exists. The treatment consists of centripetal strokings (with one or both hands), in connection with a few kneadings. Special attention should be paid to the flexor muscles in the locality near which the most important veins and lymphatics pass. By this treatment we prepare the venous and lymphatic system to absorb the diseased particles subsequently expelled from the affected part.

General Massage.

LESSON IV.

By general massage we mean the treatment applied to the whole body, with the exception of the head. The operator begins with the foot, stroking with one hand, or kneading with the thumbs. Then he proceeds with the legs, the arms, the chest, the abdomen, and finally the back. All the manipulations may be used, and special attention should be given to the hacking (clapping of the hand or hands upon the afflicted parts). Some authors advise to first take the extremities, then the back, and finally the neck and abdomen (spleen and others). With this treatment we generally combine a few passive rotations or flexions similar to those recommended for anemia. The patient must be lying in bed, well covered on those parts not operated upon. It is of advantage for the operator to begin with the left foot or leg, and then have the patient turn over to the other side of the bed, where the balance of the treatment may be conveniently performed. In regard to the time necessary to spend in giving general massage, I would advise the operator to begin with thirty minutes, and gradually increase the time so that one hour is consumed at the end of the first week. The length and the severity of the treatment should always be regulated by the patient's condition. General massage should not be employed until one hour has elapsed after meals. As soon as a part is operated upon, it should be covered up at once.

Local Massage.

LESSON V.

By local massage, we mean the treatments applied to the different parts of the body at one time; for instance, massage of the **SHOULDER**.

MASSAGE OF THE LEG.—The patient is lying or half lying on a couch. The operator at his side performs the following manipulations: (1) Stroking of the foot. (2) Stroking with both hands, from the ankle to the hip, the hands on the outside reaching up to the crest of the ilium, the thumb of the hand on the inside with moderate pressure, going down toward the groin (avoid pressure upon the tibia). (3) Friction with the thumb upon the outside of the leg, from ankle to the knee-joint, covering principally the flexors of the foot. (4) Stroking with one hand, of the same part. (5) Friction with the thumb from the inside and posterior part of the leg, covering principally gastrocnemius and the soleus. (6) Stroking with one hand, of the same part. (7) Friction

with the thumb or hand upon the outside, inside and the back part of the thigh. (8) Repeated strokings over the whole extremities from ankle to hip. (9) Kneading with the two thumbs, or both hands, upon the different muscles of the foot and leg. (10) Hacking or clapping upon the whole extremity, avoiding the bones. In certain cases (dropsy, rheumatism, etc.) it is well to have the limb elevated, thereby promoting the return of the venous blood. The limbs should be frequently turned, so that the posterior part may receive proper attention.

Massage of the Arm.

LESSON VI.

MASSAGE OF THE ARM.—The patient is generally sitting, with the semi-flexed arms supported, if convenient. The operator stands at the side. (1) Stroking with one hand on the outside of the arm, from the wrist to the trapezius. The other hand to support the wrist, but care should be taken that no pressure be used over the radial artery, as that checks circulation considerably. (2) Stroking with the other hand upon the inside of the arm, from wrist to shoulder-joint, the thumb going out toward the pectoral muscles. Support is given in a similar manner as described in figure 1. (3) Friction with the thumb upon the extensors of the hand and finger with repeated stroking of the same part. (4) Friction with the thumb of the other hand upon the flexors of the hand and fingers, with repeated stroking upon the same part. (5) Friction with the hand upon the arm proper. (6) Stroking of the whole arm, as described in 1 and 2. (7) Kneading with the two thumbs, or both hands, upon different muscles, special attention being paid to reach the biceps, triceps, deltoid, supraspinatus and infraspinatus. (8) Hacking over the whole arm. The most common mistakes in treating the arm are, viz: (1) Two tight grasps around the wrist with the supporting hand. (2) The arm is kept too rigid, preventing the proper and necessary relaxation of the muscles. (3) The muscles of the upper part of the arm and shoulder are too often neglected. (4) Inefficient kneading.

Massage of the Chest.

LESSON VII.

MASSAGE OF THE CHEST.—The patient is lying flat on his back, without head-rest, and the arms placed at his sides. (1) Stroking with both hands, one on each side of the sternum. The manipulation should be performed upward and outward, making a somewhat circular motion. (2) Friction with thumb over pectorales, major and minor, with repeated strokings. Always from the origin (sternum) toward the insertion (the arm). (3) Kneading with the thumb and fingers (pinching), if the muscles of the one side be paralyzed. (4) Hacking or clapping over the chest may also be used, according to circumstances. Punctuation in circles around the heart is also recommended, but if used, great care should be taken.

As a rule, all percussions applied to the thorax should be used with discretion.

Massage of the Back.

LESSON VIII.

MASSAGE OF THE BACK.—The patient is lying on his face, with the head-rest; the arms should be kept at the sides. (1) Stroking with both hands, one on each side of spinal column from the base of the skull down to the sacrum. If on a large person, the operator had better divide the back into three parts, in such a manner as to first work next to the spinal column, then over the centre of the back, and finally over the sides, remembering that by the last manipulation he may conveniently reach the liver or spleen, if desirable, in certain cases. In the case of an infant, and especially in infantile paralysis, we often use in the stroking, only the index and middle fingers. (1) On each side

of the spinal column. (2) Friction with the hand or with the last two phalanges of the one hand, from the upper part of the trapezius down to the glutei, one side at a time. (3) Stroking as previously described. (4) Kneading with the two thumbs, one on each side of the spine, so as to act upon the spinal nerves. The hands should be spread over the back, supporting the sides, if possible. This manipulation is formed by the circles. (5) Pinching on the sides, so as to act upon the sympathetic ganglia. (6) Hacking with one hand on each side of the spine, up and down, from the sacrum to the neck.

Massage of the Abdomen.

LESSON IX.

MASSAGE OF THE ABDOMEN.—The patient is lying flat on his back, without head-rest, with the knees drawn up so as to relax the abdominal muscles. The operator should sit at the patient's right side. (1) Friction with the tips of the fingers in circles from right to left over the umbilical region of the abdomen, thereby acting upon the smaller intestines. Begin with a very gentle pressure, gradually increasing the strength of the manipulation. (2) Spread the right hand over the abdomen, so that the ball of the hand covers part of the ascending colon; press over that part upward to the transverse colon. Then stroke with radial border of the hand firmly over to the left side. Here the tips of the fingers should be used for the downward pressure over the descending colon. The manipulation is repeated in circles, without interruption. (3) Vibrations over the descending colon. (4) Turn the patient on his face, and perform firm beating of the sacrum in circles, so as to act upon the rectum. Massage of the abdomen must never be applied soon after a meal is partaken of. It is well to tell the patient to evacuate the bladder before beginning the treatment.

Massage of the Head.

LESSON X.

MASSAGE OF THE HEAD.—The patient is sitting comfortably supported. (1) Stroking.—Beginning with the back of the head, keeping the left hand firmly on the forehead, with the right in a V-shape, stroke downward. In stroking the forehead, place the thumbs between the eyebrows, and stroke firmly over the temples to the ears, both thumbs working together, so as to act upon the supra-orbital nerve. (2) Friction with the one hand, the other supporting on the diagonally opposite part of the head. I have always found it best and most expedient to divide the head into four divisions for applying this manipulation, always beginning with the back part of the right side. (3) Hacking is used with both hands striking together, making circles over the head, beginning on the top, and moving backward downward, then forward to the starting point.

Special Request.

DEAR STUDENT, as previously stated, this Course of Instructions was written for our old students by special request, and we can assure you that if you have followed them accordingly, you have met with wonderful results when treating your patients.

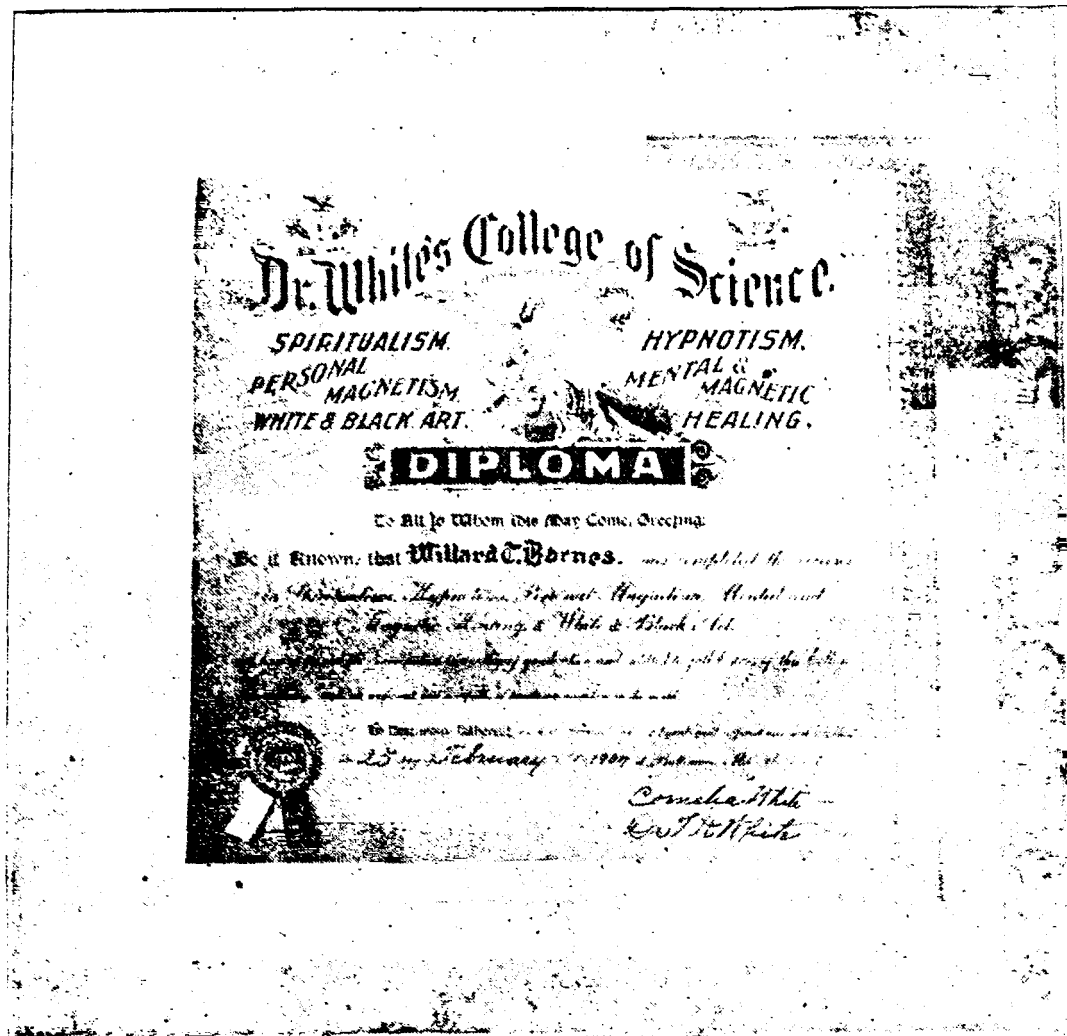
We advise you, when giving a massage treatment, to also give the magnetic treatments, as it is a known fact that many patients will require magnetism, in order to strengthen their weak, run-down systems.

You will find that the magnetic and massage treatments work excellently together, as one assists the other.

Our Handsome Graduating Diploma Is Considered One of the Finest Ever Issued From a College of Science.

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OUR STUDENTS CLAIM THIS DIPLOMA A MOST EXQUISITE PIECE OF ART. IT IS VERY LARGE AND ELEGANT. IT SHOULD BE FRAMED AND PLACED EITHER UPON THE WALL OF YOUR OFFICE OR PARLOR.

The Above Illustration Is a Reproduction of Our Handsome Graduating Diploma, Reduced From the Original to Less Than One-Twentieth of the Actual Size.

CONCLUSION.

JUST A FEW MORE WORDS AT PARTING.—Dear Student, I have greatly enjoyed writing these seven Higher Courses, and I know they will give you just the information they were intended to give.

Remember, you are now in possession of many most valuable secrets, and we trust you will only use them in an honorable way. We desire to impress upon your mind that we did not write these lessons for the purpose of teaching you any evil whatever. Our only object was to explain the nature of such, and at the same time enable you to guard and protect yourself and others from all evil doers.

We trust you will only perform such duties as will be to your honor and to the glory of God.

WORDS OF WARNING.—Our object for thus advising you is simply this: We know full well that flesh is weak, and we also know that mankind is susceptible to temptations. Therefore, if at any time you should be tempted, always remember the Student's Prayer, which, if repeated in true faith, will at all times lead you into the path of everlasting good.

IF YOU SEE A BROTHER OR A SISTER in distress, HELP THEM. "He that giveth a drink of water in My name shall be amply rewarded," saith the Lord.

Now, my dear student, if you have studied these lessons, and practiced them in the manner in which they are given, we know success has crowned your efforts.

We humbly ask that the blessings of God and the good spirits be with thee forever and ever.

Yours faithfully,

DRS. T. H. and CORNELIA WHITE,

Dr. White's College of Science, Baltimore, Md., U. S. A.

CORRESPONDENCE COURSE IN



THE MAGICAL ARTS



DRS. T.H. AND CORNELIA WHITE.